

# BED- WETTING

## Bedwetting is when ...

- a child who was dry at night starts to wet the bed again
- a 5 or 6 year old child has never stayed dry at night.

**The child is not doing this on purpose.**



## Bedwetting may happen when the child is cold, tired, sick or upset. Young children get upset when ...

- there is a new baby in the family
- the family moves
- he is away from his parents
- there are family problems

**Anything new can upst your child.**



## If your child wets the bed ...

- stay calm
- do not blame yourself or your child
- tell your child that he will grow out of this
- keep the mattress from getting wet with a vinyl covering or a large towel
- keep the child warm at night
- make it easy for the child to go to the bathroom at night by putting a night-light or potty in his room
- do not make the child wear diapers – this makes it harder for the child to go to the toilet by himself and makes him feel like a “baby” again
- let the child help change the bed and do the laundry



**Your child  
will outgrow  
bedwetting.**

## What to do if your child keeps wetting the bed ...

It is common for a child who is upset to wet the bed for several nights. If the bedwetting continues, have the child checked by a doctor.

If the doctor doesn't find anything wrong, some things that can help are ...

- giving your child only small amounts of milk, juice or water after supper. Do not give tea, cola drinks or cocoa.
- reminding your child to go “pee” before going to bed
- before **you** go to bed, wake the child up and have him “pee”
- helping your child mark his dry nights on a calendar and telling him he has done well
- helping your child handle changes such as a new baby in the house
- bedwetting alarms. Talk to your doctor or public health nurse about this.

**Being patient and giving your child encouragement and love is what is needed most.**

