

Bedwetting



Does your child sometimes wet the bed? Here are some things you can do to help your child.

By the time they are 6-years-old, most children's bodies are mature enough to sleep through the night without wetting the bed. Some children, especially boys, might continue to wet the bed into their teen years.

Give your child plenty of healthy liquids (water, fruit juice, milk) to drink early in the day. Limit fluids about 2 hours before bedtime. If you choose to give your child fruit juice, choose 100 percent fruit juice instead of sweetened juice or fruit juice cocktails. While 100 percent fruit juice and sweetened fruit drinks may have similar amounts of calories, your child will get more vitamins and nutrients and fewer additives from 100 percent fruit juice.

During the day, encourage your child to try to wait 1½ to 2 hours between urinating. This may help your child's bladder get bigger. Your child needs to urinate at least every 4 hours.

Encourage your child to go to the bathroom just before going to bed. Be sure your child is able to get to the bathroom alone easily and safely during the night.

Teach your child to change wet clothes and bed linens. Younger children will still need help with bed linens. You might want to use a plastic sheet under the regular sheet to keep the mattress dry.

Do not scold or punish your child or make your child feel bad because he or she wet the bed. Children do not wet their beds on purpose.

If your child still wets the bed after trying the above suggestions for a month, take your child to his or her doctor or nurse practitioner.

If your child used to stay dry at night, but started wetting the bed recently, take your child to his or her doctor or nurse practitioner. Bedwetting is sometimes a sign that a child has another problem.

Child's Name _____

School Nurse _____

Date _____

School _____

School Phone Number (_____) _____

