

## TIP SHEET: **Bedwetting**

Ages Affected: 2 ½–5 years old

Bedwetting is common among some children after they are potty trained and can last through elementary school. This is something that embarrasses your child especially if they have been punished or teased for bedwetting. It is also a lot of extra work for you, but it is a normal part of your child's development and you will get through it.

### Why is my child doing this?

Some children wet the bed every night, while others wet once or twice a week. They aren't doing it on purpose. Children wet the bed because they have not learned how to control their bladder when sleeping.

### Here are some tips to help teach your child to stop wetting the bed:

- Stay calm and avoid blaming or punishing your child. Remember, your child cannot control the bedwetting. Blaming and punishing your child just makes the problem worse.
- Reassure your child that bedwetting is a common problem with children and that you know that your child will overcome the problem.
- Get his bedroom ready. Make sure your child can get in and out of bed easily, have a nightlight and cover the mattress with a waterproof undersheet.
- Enforce a "no teasing" rule in the family. No one is allowed to tease the child about the bedwetting, including those outside the immediate family. Do not discuss the bedwetting in front of other family members.
- The more teased a child is about bedwetting, the more difficult it will be for the child to overcome the problem. The older a child is, the more ashamed he may be of wetting the bed, and the more important it will be to stay level-headed and calm to prevent shaming the child. Shaming will only result in trauma and may even make bedwetting worse.
- Reduce evening fluid intake. Do not give your child anything to drink up to two hours before bedtime.
- Encourage your child to help clean up. If your child has an accident in bed, have her help clean up by helping change the bed and putting clothes and sheets in the washing machine.

