

## A short e-book on bedwetting



Bedwetting is a common childhood condition affecting an estimated 500,000 children and young people in the UK. Dealing with bedwetting can take an enormous toll on the child and their families.

## Understanding Bed Wetting

There are 2 types of bedwetting: Primary and Secondary.

- Primary bedwetting means that the bedwetting has been ongoing since early childhood without a break. A child with primary bedwetting has never had a dry night for a considerable length of time.
- Secondary bedwetting is bedwetting that starts up after the child has been dry at night for a considerable period, for at least 6 months.

The reasons for **Primary bedwetting** are

- The child does not wake up when he /she wants to wee and does not realise that the bladder is full.
- The child cannot yet hold urine for the entire night.
- The child produces a large amount of urine during the night
- The child has poor daytime toilet habits. A lot of children hold their urine for as long as the possibly can and then find themselves running to the loo when they can no longer hold it. Parents whose child/ern do this behaviour are usually familiar with the leg crossing, face straining, squirming, squatting, and groin holding that children do to not going to do wee at the right time.

There could be various reasons for **Secondary Bedwetting**

- It could be that the child is suffering from a Urinary tract infection. This link will tell you all about UTI in kids <http://www.nhs.uk/Conditions/Urinary-tract-infection-children/Pages/Introduction.aspx>
- Children with diabetes have a high level of sugar in their blood and as a result urinating frequently is a common.
- Structural or anatomical abnormality: An abnormality in the organs, muscles, or nerves involved in urination can cause incontinence or other urinary problems that could show up as bedwetting.

- If a child is suffering from Neurological problems i.e. Abnormalities in the nervous system, or injury or disease of the nervous system, can upset the delicate neurological balance that controls their urination.
- A child suffering from Emotional problems, sometimes causes children to wet the bed. It is usually seen that such changes like starting school, a new baby, or moving to a new home, are other stresses that can also cause bedwetting. Children who are being physically or sexually abused sometimes begin bedwetting.



Also, did you know Bedwetting can be Inherited? So, if you or your partner were bedwetters and it is more likely that you child will be too. Bedwetting does tend to run in families. Most of these children stop bedwetting on their own at about the same age their parent did.

## **Suggestions you could have a go at yourself with your child.**

An excellent starting point for anyone wanting to help their child with bedwetting

- Encouraging a child use the toilet before bedtime.
- Restrict your child's fluid intake at least 3-4 hours before bed.
- Make the child go to do a wee just before you go to bed which maybe around 10.30 pm even if you must carry your child to the toilet.

Please make sure that when you start talking to your child about bedwetting you are not making them feel guilty but make them think that they need to train their brain differently because you know that they are not doing this on purpose.

### Ask your child

1. How many times in a day do you do a wee?
2. How long i.e. minutes/ seconds does it take you to do a wee?
3. How many hours do you sleep at night?
4. So, if you sleep for 10 hours i.e. 600 minutes then most of the night you are not doing a wee.
5. There are many nights that you do not do a wee.
6. So, your brain already knows how **not to** wee in bed.
7. What I want you to do is that before sleeping at night I want you to think about closing gates, switching off taps and not letting anything come out. And I want this to remain in your brain while you fall asleep.
8. And if you happen to wake up in the morning and find that you have wet your bed, I want you to take the wet sheets off the bed, change your pyjamas and with the help of mummy put the dirty clothes in the washing machine.
9. Then I want you to make your bed with clean sheets.
10. The brain will then start to realise that this is a real pain in the bum and that you will be losing out on playtime and other important things that you would like to do during that time that you are wasting changing these sheets because you wet your bed and the brain will start thinking that continuing to wet the bed is a bad idea. Your brain will start thinking that doing a wee at night in your bed is not a good idea because you must deal with the boring consequences should you do that.

Tell your child that he/ she already knows that he/she can be dry at night but we just need the brain to re-learn the process again.

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