

PRACTICAL ADVICE

- ◆ Discourage and discontinue the use of nappies/pull-ups. These are only meant for very young children.
- ◆ Make sure your child goes to the toilet before going to bed and settling down to sleep.
- ◆ If the bed is wet, involve the child in changing the bed and nightclothes.
- ◆ Protect the mattress and bedding with appropriate coverings.
- ◆ Encourage the child to shower or bath in the morning.
- ◆ Lifting the child at night will not encourage the child to recognise the signal of a full bladder.
- ◆ Try not to show your frustration at wet beds.

These helpful tips and the practical advice may take time to work. It is very important for you to be as patient and encouraging as possible.



USEFUL CONTACTS

For further advice make an appointment with either the G.P., public health nurse, school nurse or continence advisor nurse in your area.

On the Internet:

Enuresis Resource & Information Centre
(ERIC)

Website: www.eric.org.uk

The Continence Foundation
Website: www.continence-foundation.org.uk

Incontact

Website: www.incontact.org

Bedwetting in Children



A GUIDE FOR PARENTS AND CARERS



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

This leaflet was compiled by the HSE South (Carlow/Kilkenny, S. Tipperary, Waterford, Wexford) Continence Advisors Nurse Managers September 2008.
Reviewed 2012.

HELPING CHILDREN WITH BEDWETTING

Many children wet the bed. Some children may 'grow out of it'. Some however do not and waiting for an improvement can be a stressful time for you and your family.

This leaflet is intended to give you information and support during this time. It will help you understand why bedwetting is happening and the different treatment options available. In Ireland only 1 in 6 parents of children who bed wet seek help.

A qualified healthcare professional in your local community services can offer free, confidential advice on childhood bedwetting.

WHY DOES BEDWETTING OCCUR?

There are a number of reasons why children wet the bed:

- ◆ Bedwetting can run in families.
- ◆ Anxieties in the child's life can sometimes trigger bedwetting incidents, such as starting a new school.
- ◆ Sometimes children sleep through the signal of a full bladder.
- ◆ Some children produce large amounts of wee during the night.
- ◆ The bladder capacity could be small and less able to hold wee.

HOW COMMON IS THIS PROBLEM?

You are not alone in dealing with this and should not delay in seeking help for your child.

It is important to realise that this is not you or your child's fault.

It is much more common than you think, 1 in 7 of 5 year old and 1 in 20 of 10 year old children can have this problem.



HELPFUL TIPS FOR PARENTS AND CARERS

Diet and fluid advice:

- ◆ Encourage the child to drink water or milk only. Avoid fizzy drinks, tea, coffee and blackcurrant juice.
- ◆ The child should drink between 6 – 7 good sized drinks, spaced out during the day and up until bedtime.
- ◆ There is no benefit in restricting fluids after 6pm. However it is more beneficial for your child to take most of their drinks earlier in the day.
- ◆ Ensure the child eats plenty of fruit, vegetables and cereal in their diet to avoid constipation.

WHAT TREATMENT IS AVAILABLE?

Every child has different needs and problems. With your help, your healthcare professional will assess your child and devise a treatment plan based on the child's readiness and suitability.

Treatment options may vary:

- ◆ Praise the child for dry nights or for waking to use the toilet during the night.
- ◆ One option is alarm treatment. This often works well with children over the age of 7.
- ◆ Certain medication may help the problem but a doctor must prescribe this.

