

THINGS TO KNOW ABOUT **Bed-wetting**

Bed-wetting (also known as enuresis) is common among children. The age at which children are physically able to have complete control over their bladders varies. Many children are not ready to be toilet trained until the age of 3. As their bladders grow larger and bladder control improves, most six to eight year olds will outgrow any bed-wetting problem. Urinary tract infection or emotional problems rarely cause bed-wetting.

PREVENTION:

- ☞ Limit what your child drinks during the two hours before bedtime. A few sips of water are okay.
- ☞ Use of a night-light or bedside potty-chair may help reduce accidents.

HELPFUL HINTS:

- ☞ Praise your child's dry nights, and try not to overreact to wet ones. Don't punish or embarrass your child. Remember, it's not your child's fault.
- ☞ Let children who are over the age of four be part of the solution. Reward them for dry nights and have them help clean up after wet nights.
- ☞ At night, don't force your child to wear diapers. Waterproof, extra-absorbent underwear may help avoid daily bed changes. In order to eliminate odor, wash them with 1/2-cup vinegar.

☛ **See your Health Care Provider if bed-wetting occurs with painful or burning urination or if your child has been completely trained for six mos. and then starts wetting the bed again.**



Jefferson County Public Health
Community Health Services
645 Parfet Street
Lakewood, CO 80215
303-232-6301



Oct-13

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