

# OASIS ACADEMY RYELANDS



## BEDWETTING



A good starting point for both child and parents is the realisation that they are not on their own. In this country, bedwetting (or nocturnal enuresis as it is called medically) is a problem for more than half a million under 16 year olds.

At five years of age, more than 1 in 6 children still wet the bed. This means that in a school class of thirty, there will be five who wet the bed regularly. Because children and their parents are too embarrassed to talk about the problem, it is unlikely that they will be known to each other. By the age of ten years, 1 in 15 still wet the bed and even in adulthood 1 in 100 still suffer from the problem.

### **Why does bedwetting happen?**

Although many factors have been associated with bedwetting, a major cause is the overproduction of nighttime urine.

It is important to remember that it's not the child's fault for wetting the bed. Parents must also not blame themselves. Getting angry or punishing the child could make the problem worse. Supporting and praising the child's efforts to stay dry will really help them to become dry. Getting help can speed things up and in the process save a great deal of pain and anguish for the family.

### **Who can help and what can be done?**

It is important that the problem is discussed with the family doctor or practice nurse who will want to take a full history and do a few simple tests on the urine to eliminate any possible problems such as urine infection. If encouragement doesn't help, then the doctor may decide to treat the child with a medicine that works for most children by reducing the amount of urine produced overnight. For bedwetting children who are over 7 years old, a common practice is to use the alarm buzzer. This works over several months by waking the child when they start to wet the bed.

As well as discussing the problem with your doctor, health visitor or school nurse you can find out more information by speaking to the parents support group which is called ERIC, which stands for Enuresis Resource and Information Centre. Another option is to look at the ERIC homepage on the Internet. It has lots of advice, which you will find useful. The address and telephone numbers are on the back of this leaflet.

### **Some DO's and DON'Ts for parents**

- Do encourage your child to drink throughout the day. It is important that they recognise the feeling of a full bladder.
- Do avoid fizzy drinks at bedtime and drinks which contain caffeine, such as tea, coffee and chocolate. Fizzy drinks can cause more urine to be produced.
- Do ensure that your child has plenty of fruit, vegetables, cereals and water. This will help to avoid constipation, which can contribute to bedwetting.
- Do ensure that your child goes to the toilet before going to bed.
- Do leave the light on at night to ensure that your child has easy access to the toilet.
- Do make sure that the mattress is adequately protected.
- Do allow your child to help with changing the bed and nightclothes. It does help if they are actively involved in overcoming the problem.
- Do make sure that your child has a bath or shower each morning. This removes the smell of stale urine and avoids the child being teased and tormented at school.
- Do stay calm, be prepared and try not to worry.

- Do remember, bedwetting is neither the child's fault or the parents. Patience, love and encouragement will go a long way to resolving the problem for everyone in the family.
- Do encourage your child to come out of nappies but do make sure that the mattress and bedding are protected.
- DO NOT get cross with your child – it is not their fault.
- DO NOT use waking your child as a long-term strategy to overcome bedwetting.

**ERIC phone number : 0117 9603060**

**On the net try : [www.enuresis.org.uk](http://www.enuresis.org.uk)**

**or**

**Email on : [enuresis@compuserve.com](mailto:enuresis@compuserve.com)**

***Information taken from Healthy Start Croydon Primary Care  
Trust NHS Booklet***