

Useful Contacts

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**This leaflet is available in other languages and can be made available
in large print, Braille or on audiotape**

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Coping with bed-wetting

Advice for parents



Caring for you, locally

Bedwetting is very common: every week, 1 in 6 five year olds, and 1 in 15 eight year olds wet the bed. Every year, over half a million 5-12 year olds wet the bed.

Bed-wetting can run in families. If one parent used to wet the bed, there's a 40% chance your child will too. If both parents did, there's a 70% chance.

It is estimated that bedwetting costs families an extra £2,000+ a year in terms of extra washing, clothing etc. (Source ERIC).

The problem is more common in boys than girls, especially in the younger age group.

Where to seek further advice or help

If your problem continues please talk to your GP or school nurse. Clinics are available at local health centres to help children who are bedwetting.

You can also find useful advice on the following websites

www.eric.org.uk

www.urinecontrol.co.uk

www.stopbedwetting.org

www.locala.org.uk

www.nhs.uk/conditions/bedwetting

www.nice.org.uk/nocturnalenuresis

Helpful steps to developing bladder control

- **Do stay calm and try not to worry.**
- **Remember that it is not your child's fault. Patience, understanding and love will go a long way to resolving the problem for everyone in the family.**
- **Encourage your child to come out of nappies or pull ups but make sure you protect the bed and mattress.**



Bedwetting (nocturnal enuresis) means a child passes urine in the night.

Bed-wetting is one of the most common problems affecting children.

For young people it can cause humiliation and stress.

It may also lead to frustration in the household as parents or guardians try to cope with frequent bed changing, extra laundry and dealing with an upset child.

Achieving dry nights can take time, so be prepared and be patient.



Common causes of bed-wetting

- **Bed-wetting is often a medical problem and treatments are available.**
- **Too much urine can be produced at night - if your child passes large volumes of urine at night they may not produce adequate amounts of the substance that reduces urine production. This causes the kidneys to produce more urine than the bladder can hold.**
- **Difficulty waking - Some children are not able to wake up when their bladder is full and therefore when it empties they wet the bed. This reason is normally present with one of the other problems.**
- **Small or unstable bladder - Some children have a smaller bladder than normal or it may be overactive causing it to empty sooner. The bladder may contract and empty before it reaches its full capacity.**
- **Constipation is frequently associated with bedwetting, especially in children who do not wet every night. In these cases, bedwetting may occur during the night when the child has not passed any stool (faeces) during the day.**

Helpful steps to developing bladder control

- **Increase fluid intake avoiding fizzy drinks or drinks that contain caffeine such as tea, coffee or chocolate.**
- * **Try to avoid using pull-ups**
- **Encourage your child to use the toilet regularly (about every 2 hours).**
- **Do not let your child have too much to drink in the 2 hours before bedtime.**
- **Make sure that your child uses the toilet just before going to bed.**
- **Leave a light on in the bathroom or landing to allow easy access to the toilet.**
- **Let your child help with changing the bed and nightclothes. It does help if they are actively involved in overcoming the problem.**
- **Ensure that your child has a bath or shower each morning as this will remove the smell of stale urine and will avoid your child being teased at school.**