

PARENT INFORMATION SHEET

www.parentline.org.au



Bed Wetting

REMEMBER:

- *Bedwetting is common in children including those in primary school.*
- *It is a developmental and not a behavioural issue*
- *Consult with your doctor if you are concerned*

Bed Wetting or 'Nocturnal Enuresis' is a condition where a child has not learned voluntary night time control over their bladder and wets the bed at an age where it is considered that they 'should' be dry.

The developmental age for children having control of their bladder at night varies. 25% of 5 year olds and 5% of 10 year olds are reported to still wet the bed from time to time.

Night time wetting differs from day time wetting as it is not under the child's control and should not be seen as part of toilet training.

Many Factors Contribute

Maturation of the nervous system, deepness of sleep, and the capacity of the bladder are all factors that effect night time wetting. There is often also a family pattern with this issue.

Emotional Factors

Emotional upsets or changes can also cause a return to wetting. This will usually stop when things settle down.

Health

A medical check is important if the child has been dry and starts to wet again to rule out infection or other health problems.

Use Encouragement

It is important for parents to remember not to punish children for bedwetting or to force them to change beds. Star charts cannot work as the child has no conscious control.

Consider Professional Help

From the age of about 7 years, a bedwetting alarm can be used. It is essential that this is used correctly and not in a punishing way. Speak to your GP for more information on their use.

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