

Managing Childhood Bedwetting

If your socially-active child has started to feel nervous about going to or inviting friends over to their house, it might be due to a bedwetting problem. Bedwetting is a common problem in first and second graders and that it is mainly due to neurological issues. Fortunately, with the right guidance and your support, your child will can quickly leave this problem behind.

Children have little-to-no control over their bedwetting problem. It is up to you to find and implement a solution. Consider the following options to resolve your kid's bedwetting problem.

#1: Restrict Fluid Intake Before Bedtime

First and foremost, you need to make sure your child is not drinking too much water right before bedtime. Even though it is recommended to give your children plenty of fluids throughout the day, restricting fluid intake before they go to sleep will significantly reduce their chances of bedwetting.

#2: Make Sure Your Child is Not Constipated

One of the major reasons why kids wet the bed is because they are constipated. Regular constipation means a full rectum which interferes with bladder function. Give your kid plenty of water during daytime to avoid constipation. Giving them fibre-rich foods also helps keep constipation away. Don't forget to encourage them to use the bathroom, even when they don't feel like going.

#3: Consider Health Problems

Even though it is rare, some kids may start experiencing bed wetting problems because of a medical condition or health problem. So if your child who usually maintain a dry bed through the night suddenly starts to wet his bed, you should take him/her to the doctor. Children with a bladder or kidney infection often experience such issues.



#4: Use Bed Alarms



If all else fails, something that will surely help your child out is the bed alarm system that helps to keep them dry during nighttime. These alarms usually cost \$100 or less and are easily available online and at large medical supply stores. The best alarms are those that have an audible tone as well as a vibrating sensor that can wake your child when he starts to pee. Remember that even though these alarms may take a few months to deal with the situation, they are highly effective.

Like with so many other things, your child needs your complete support to deal with the bedwetting problem. You need to be well-prepared to help your bedwetting kid.

#5: Look for the Right Incontinence Product

If the problem persists, even after talking to your healthcare professional, it might be time to explore absorbent products to help manage your child's bedwetting.

Children and youth experience unique concerns when it comes to managing incontinence. Depending on your child's age, standard baby diapers and pull-up underwear may not be able to meet the absorbency requirements your child needs. Finding a product that will match the level of incontinence your child is experiencing is extremely important. You can also combine a diaper or incontinence underwear product with an absorbent underpad to help protect your child's bedding overnight.

Healthwick carries a wide selection of incontinence problems in x-small, small, youth and junior sizes, perfect for kids ages 6 to 16. If you're not sure that this is the right solution for your child or what type of product you need, we suggest testing out a few different products using our free sample program.



We're Here to Help

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