

Bedwetting

If your child wets the bed, they are not alone. In the UK, it is estimated that around **half a million** children wet the bed regularly. Your child shouldn't feel ashamed or embarrassed about bedwetting. You should let them know that it is **not their fault** and be positive about helping them to cure their bedwetting.

In the UK, it is estimated that **500,000** children regularly wet the bed

Why does it happen?

All children start off by wetting the bed. By around the age of 5, most children naturally develop the **subconscious link** between their brain and their bladder whilst they are sleeping. This allows them to **control their bladder** and stay dry overnight. But, for some children, this natural linking process takes a bit **longer to develop**. When a child has never learnt to become dry, this is called **"primary enuresis"**.

Sometimes a child that has previously been dry at night can start wetting. This is often related to a stressful event in the child's life (e.g. parental separation) and is called **"secondary enuresis"**. If other symptoms are present alongside bedwetting, this can be a sign of an infection or illness and a GP should be consulted.

"Nocturnal enuresis" is the medical term for involuntary wetting at nighttime (bedwetting)

"Primary enuresis"
Never consistently dry at night

"Secondary enuresis"
Previously dry for 6+ months

Is my child unusual?

Not at all. Because people often feel embarrassed to discuss bedwetting, it is generally not realised just how common it is. Bedwetting is actually **very common** - around **1 in 12 children aged 9 ½ years old wet the bed** regularly. This means that in every primary school class there is likely to be at least two children that regularly bedwet.

There seems to be some genetic factor with bedwetting. If one of a child's parents wet the bed when they were a child, there is around a **45% chance** that the child will inherit this trait. If both parents wet the bed as children, this rises to around a **72% chance** that their child will wet.



Bedwetting alarms are recommended by NICE as the first line treatment for nocturnal enuresis (bedwetting)

Can it be cured?

Yes! The National Institute of Clinical Excellence (NICE) recommends bedwetting alarms as the **first line treatment** for bedwetting in children aged 5 and over. Bedwetting alarms are **the only permanent cure** for bedwetting. Bedwetting alarms work by speeding up the link between the brain and the bladder. (See our leaflet **"About Alarms"** for more information on how bedwetting alarms work). The majority of children will become **permanently dry at night** within 3 months (and maybe quicker!) of wearing a bedwetting alarm ☺.

Who can help?

- School nurse
- Local enuresis clinic
- Health visitor
- GP (especially if you think the cause might be more serious)

Visit our website for more information, tips and advice to help cure your child's bedwetting

the **bedwetting** doctor

www.thebedwettingdoctor.com