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**Bed Wetting
Strategies for Dry
Nights**

Bed Wetting Strategies for Dry Nights

As a parent, are you worried that there's something about bed wetting that you just don't get? You aren't alone.

My Liberty's *Bed Wetting Strategies for Dry Nights* offers tips and ways to cope while waiting for nature to take its course.

Follow along and test your new knowledge at the end of the book!

First of all, it may be a comfort for parents and their bed wetters to know that this is often a normal part of growing up. Most children don't stay dry at night until about the age of three. And, it's usually not a concern for parents until around age six.



There are ways to work toward dry nights as a family...

Bed Wetting Strategies for Dry Nights

Bed wetting "often runs in families," says Howard J. Bennett, MD, a pediatrician in Washington, D.C., author of *Waking Up Dry*. Usually, the child becomes dry at about the same age as the parent did. And no matter what you may think, bed wetting is *not* due to laziness or spite, two common misconceptions, pediatricians say.

Many things can lead to bed wetting. It could be slower development of bladder control or heavy sleep. Stress and anxiety can be a cause. A child who's been dry and suddenly starts wetting the bed may have an infection, or a big life change such as a move may be bothering her. Be sure to speak with your doctor if this is a new problem.

How to stop bed wetting?

Praise and reward for staying dry. Some families mark wet and dry days on a calendar. Stickers or stars can make it fun. If he wets, be supportive and remind him that results will come if he keeps up the effort.

Does waking up during the night help? Resist the urge to wake your child a lot during the night. If you use this approach, waking once a night should be enough - maybe just before you go to bed yourself. Keep in mind that if you deprive your child of rest and sleep, you may increase his level of stress. And, stress can be a bed wetting trigger.

Bed Wetting Strategies for Dry Nights

Provide simple reminders. Make using the bathroom just before she gets in bed part of her bedtime routine. Also remind her that it's okay to get up during the night to use the bathroom. Nighlights help her find her own way when she needs to go.

As hard as it can be after an interrupted night, laundry at dawn and an upset child, losing your temper won't make the child stop wetting the bed.

See our 15 Tips and Tricks for Coping with Bed Wetting next!



Bed Wetting Strategies for Dry Nights

1. Bed Wetting Causes Stress

Know that bedwetting is often a normal part of growing up. Most children don't stay dry at night until about the age of 3. And it's usually not a concern for parents until around age 6. There are ways to work toward dry nights as a family.



Bed Wetting Strategies for Dry Nights

2. What Am I Doing Wrong?



You and your child aren't doing anything wrong. Bed wetting is a very normal thing and nothing that can be trained; it must be outgrown.

In fact, about 15 per cent of five-year-old children and up to eight per cent of eight-year-old kids are bed wetters, according to the Canadian Paediatric Society.

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3. A Child Who Wets the Bed Needs Your Support



Reassure your child by being supportive. He isn't wetting the bed on purpose. And bed wetting isn't typically a sign of an emotional or physical problem.

Explain that it is normal, very common, and that he won't always wet the bed.

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4. Talk and Share Your Experience



Bed wetting often runs in families. If you or your partner wet the bed as a child, talk with your child about it.

It'll help him see that people do outgrow it. And it may help him feel less alone and embarrassed.

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5. What Causes Bed Wetting?



Many things can lead to bed wetting. It could be slower development of bladder control or heavy sleep. Stress and anxiety can be a cause.

A child who's been dry and suddenly starts wetting the bed may have an infection, or a big life change such as a move may be bothering her.

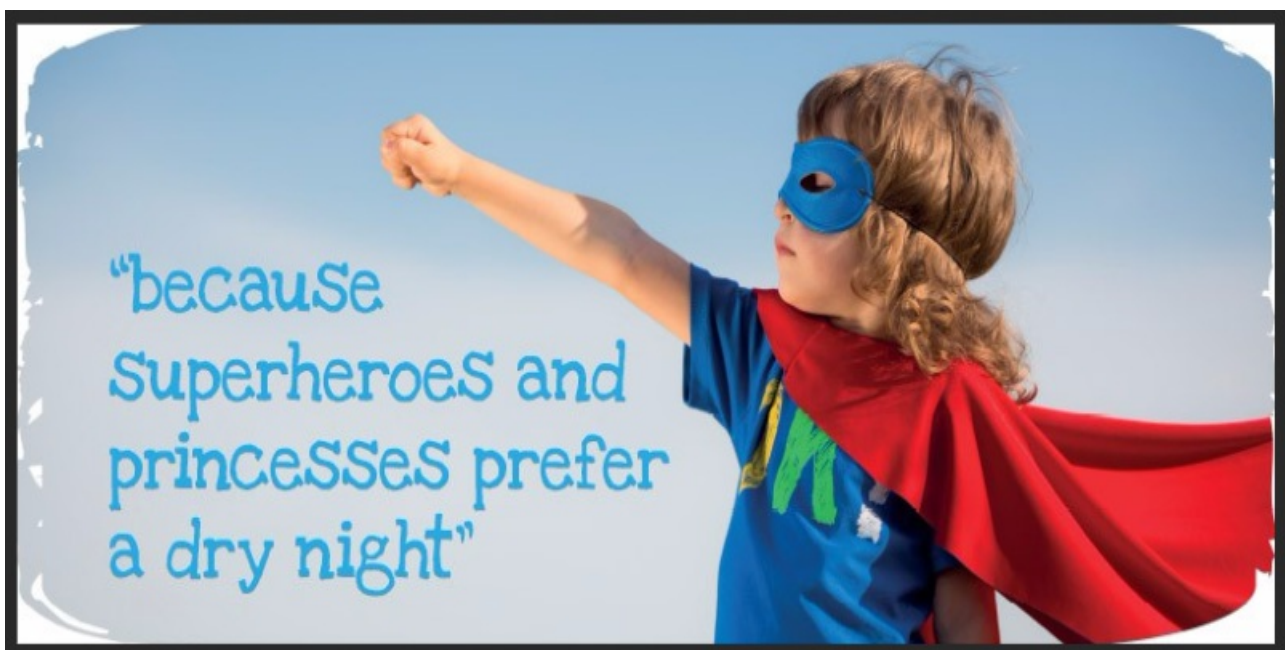
Be sure to speak with your doctor if this is a new problem.

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6. Advice from Canadian Doctors...

The Canadian Pediatric Society offers strategies for parents hoping their kids will outgrow bed wetting...

- Assure the child's access to the toilet.
- Avoid caffeine-containing foods and excessive fluids before bedtime.
- Have the child head to the washroom at bedtime.
- Include the child in morning cleanup in a non-punishing manner.
- Preserve the child's self-esteem.



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7. Let Your Child Help Find Solutions

If she's 4 or older, ask for her ideas.

What might help her stop wetting the bed? Brainstorm together. Check out [our product guide](#) as a way of finding a solution he or she will use.



Bed Wetting Strategies for Dry Nights

8. Praise and Reward for Staying Dry



Some families mark wet days and dry days on a calendar. Stickers or stars can make it fun. If she wets, be supportive and remind her that results will come if she keeps up her efforts. You may want to try a special celebration breakfast - or breakfast for supper - to mark a dry night.

Bed Wetting Strategies for Dry Nights

9. Create Simple Reminders



Make using the bathroom just before he gets in bed part of his bedtime routine. Also remind him that it's OK to get up during the night to use the bathroom. Nightlights can help him find his own way when he needs to go.

Remember that stress can make bed wetting worse, so when dealing with bedwetting, it's important to make nighttime a bonding time.

Bed Wetting Strategies for Dry Nights

- Create nighttime routines and traditions that reassure your child that you are there for support and encouragement.
- Make sure your child knows bed wetting is not his fault, and will go away eventually.
- Be patient and help ease stressful nights by offering superabsorbent underwear and bed pads which have unique protection zones, putting protection where your child needs it most.

Canadian researchers at the University of Alberta in Edmonton say three conditions typically contribute to bed wetting: excessive urine production at night, an overactive bladder and an inability to wake up in response.



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10. Involve Your Child in Cleaning Up



When he wets the bed, he can put his PJs in the hamper or help you change the sheets.

Make sure he understands it's not a punishment, just part of what has to be done.

The idea is to make him more aware of his bed wetting without scolding him or making him feel ashamed.

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11. Easing Sleepover Stress

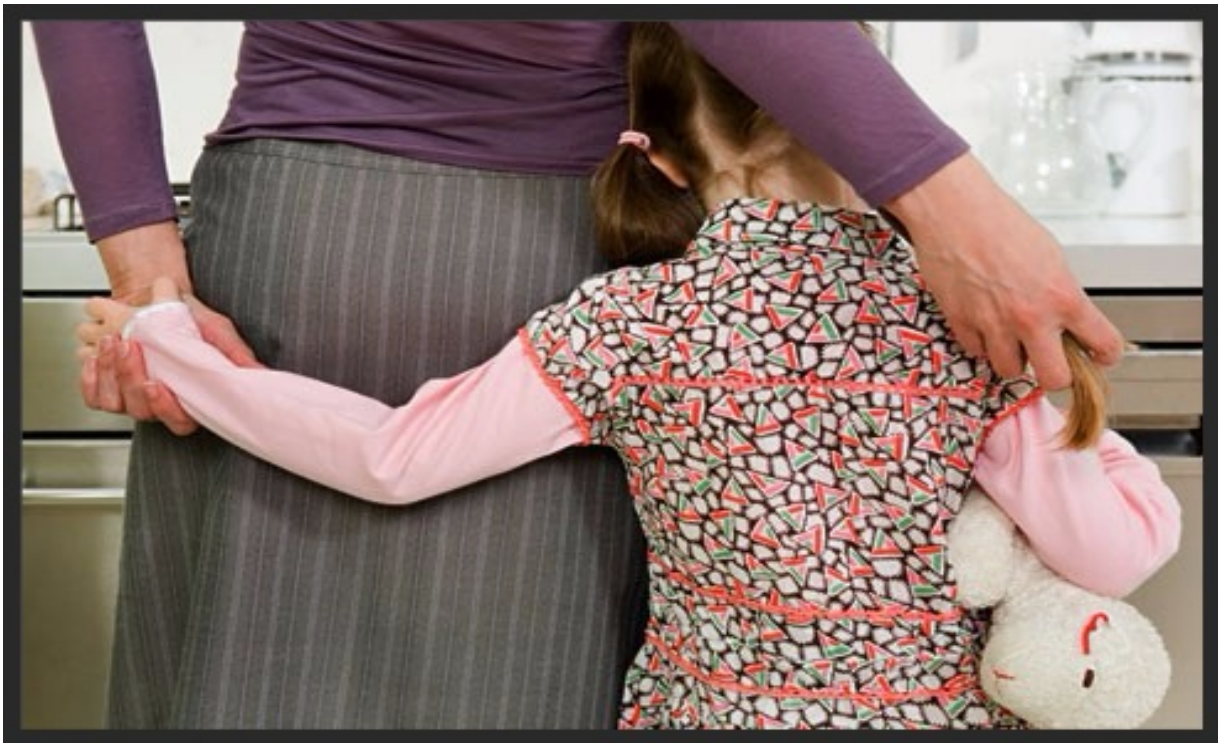


If your child is nervous about sleepovers, remind her of the steps she uses to stay dry at home. Giving her absorbent pants and extra clothes in case of an accident might put her at ease. A sleeping bag with waterproof lining may also help.

Beforehand, notify the adult host that your child may have some worries about bed wetting. Discuss your child's plans for handling it so everyone feels prepared.

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12. Be Patient About Bed Wetting



Scolding or losing your temper won't make your child stop wetting the bed. Don't bring up bed wetting in front of others to try to shame her.

Embarrassment will only increase her stress and anxiety. Meanwhile, remember that bed wetting eventually does stop.

Try practicing patience and providing support while you wait.

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13. Dealing With Teasing in the Home

Bed wetting can make your child an easy target for teasing. To help him handle it, make your home safe for him. Don't allow anyone in your family to tease about it. Explain to siblings that bed wetting is something their brother doesn't have control over and that he needs everybody's love and support.



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14. Bullying at School About Bed Wetting



If your child avoids other children or comes home with unexplained injuries, she may be being bullied.

Listen to what your child says. Talk with her and let her know that you know it's not her fault. Then talk with people at her school and ask what they've seen.

Be proactive and work with the school to find ways to make the teasing stop.

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15. When to Call the Doctor



If your child is still bed wetting at age 7, consider setting up a doctor's visit. While there may be a medical problem, most of the time there isn't.

Also, see the doctor if your child suddenly starts wetting the bed after being dry for 6 months or more.

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TEST YOUR BED WETTING KNOWLEDGE HERE!

Having a child who experiences bed wetting can be challenging.

1. Who is more likely to experience bed wetting?

A) Boys

B) Girls

The correct answer is A. About two-thirds of children in Canada age 6 and over who wet the bed are boys.

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2. In most cases, bed wetting is caused by:

A) Drinking too much liquid before bedtime.

B) A child's laziness.

C) Physical reasons such as an immature bladder, low ADH hormone production at night or deep sleeping.

The correct answer is C. All these physical reasons are often causes of bed wetting.

"It may take longer for some children to develop bladder control at night, but it is important for the parents to be reassured that the bladder training process is based on maturation, growth and development," says Jennifer Lusk, a nurse practitioner for Texas Children's Hospital Urology Clinic. "It takes the body time before adult-type voiding patterns are able to be established."

It may take longer for some children to develop bladder control at night, but it is important for the parents to be reassured that the bladder training process is based on maturation, growth and development.

3. Ninety-nine percent of all bed wetting ceases by what age?

A) 7

B) 15

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C) 19

The correct answer is B. Seventy-two percent of kids who wet the bed will outgrow it by the time they're 11, and 99% of kids will outgrow it by age 15.

4. Heredity can play a large part in bed wetting.

A) True

B) False

According to Lusk, if one parent wet the bed until an older age, the child has a 30% chance of wetting. And, she says, "If both parents were wetters, the child will have a 70% chance of being a wetter."

The correct answer is A. Family history often plays a large part in bed wetting.

5. Constipation can be linked to bed wetting.

A) True

B) False

The answer is A. There is a correlation between bladder and bowel dysfunction because the maturation and development of excretory control overlaps both systems.

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"Constipation can have an effect on bladder function," says Lusk. "If there are significant constipation issues along with wetting, and the constipation is not dealt with or resolved, then there is probably not going to be any improvement with the nighttime or daytime wetting. Because of the way the bowel and bladder are situated within the abdominal cavity, an increased amount of stool can put pressure on the bladder. This pressure can prevent the bladder from filling all of the way, it can cause incomplete emptying of the bladder and can even cause some contractions to occur, all of which can cause bladder dysfunction."

6. What percentage of children ages 5 to 10 wet the bed?

- A) 3%
- B) 20%
- C) 10%

The correct answer is B. Twenty percent of children ages 5 to 10 wet the bed.

7. Urinary tract infections can play a part in bed wetting.

- A) True
- B) False

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The answer is A. A urinary tract infection can cause problems with bladder control, so it's important that parents consult their primary health care provider concerning the situation. If an infection is present, the bladder can have contractions, which can cause bladder instability, leaking and/or loss of control.

8. What is the best method of managing your 5-year-old's nighttime wetting?

A) Enuresis (bed wetting) alarms

B) Wait and see

C) Behavior modification

The correct answer is B. "Usually by the time that a child is 6 years old, there has been maturation of the bladder and bowel, and most children will have stopped wetting the bed," says Lusk. "At my clinic, we do not like to see a child for enuresis until they are at least 6 years old."

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Clean Up: Removing the Smell of Urine



Accidents happen. And when they do, urine can leave a stubborn odor in clothes and in bed linens. Try adding a half cup to a cup of white vinegar to your wash to remove the smell.

Did you know that a mattress warranty doesn't work without the use of a mattress protector?

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Cleaning a Mattress: Step 1

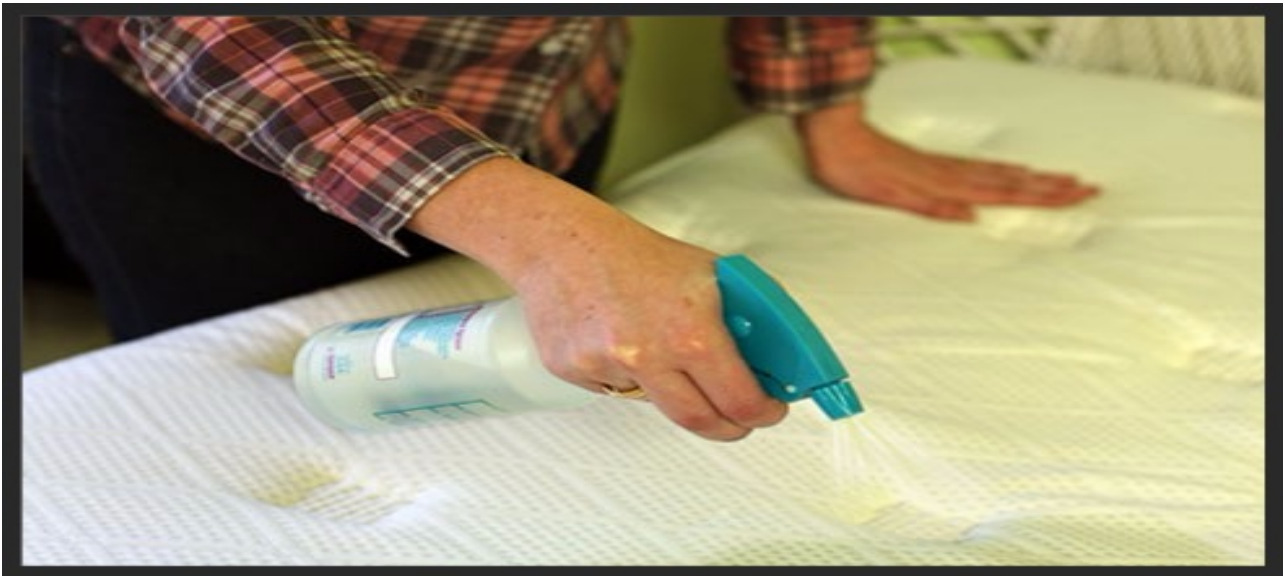


If you need to clean urine from a mattress, first use towels to blot up as much as you can.

Keep blotting, but don't rub, until no more moisture comes to the surface.

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Cleaning a Mattress: Step 2



Once you've blotted up as much of the urine as you can, saturate the entire area of urine stain with hydrogen peroxide. Let it stand for 5 minutes, and then use towels again to blot the area dry.

Cleaning a Mattress: Step 3

Once the mattress is dry, sprinkle baking soda over the entire area and let it stand for 24 hours. The next day, vacuum the baking soda away. It should be clean and odor free.

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My Liberty is Canadian - and serves people anywhere in the country. We created MyLiberty.Life because there is just not enough information available for people to make decisions and the products were never in one easy place. We are found online - on your phone, tablet, computer - right when you need us.

When it comes to finding answers to what to buy for bladder and bowel leaks, we help parents, their children and grand parents.

If there is something you need, please get in touch. You can speak to us by calling 1-888-800-4396 during the week from 9 am to 5 pm Eastern Time - or leave a message. Email us at customerservice@myliberty.life. And, please - like us on [Facebook](#) or [Twitter](#). Thanks for stopping by.

