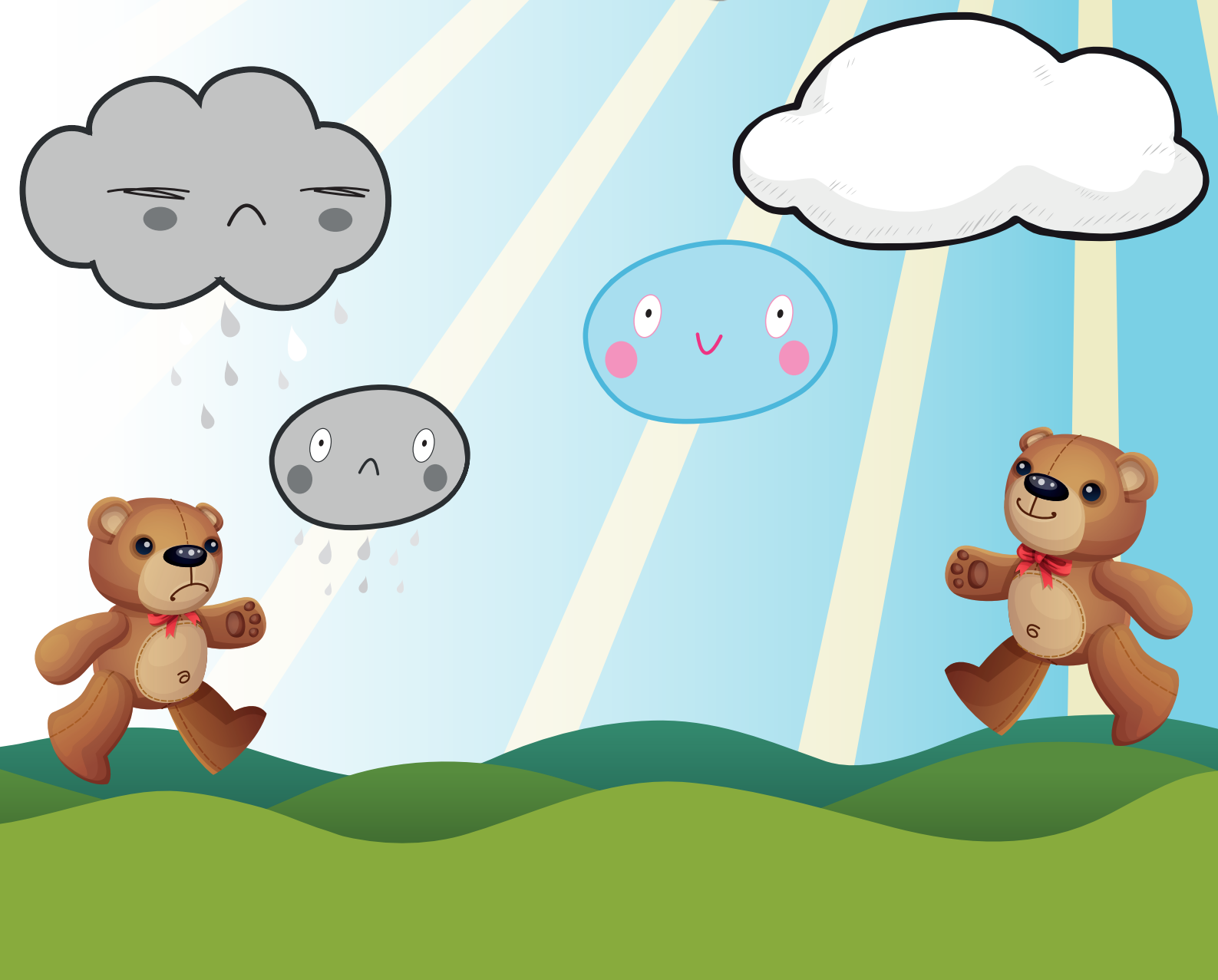


MummyPages Mums Guide To Bedwetting

Bedwetting.ie



MummyPages Mums Guide To Bedwetting



Introduction:

Bedwetting can be common in homes with young children, but how can a mum tell if it's a normal part of growing up or a medical problem?

While it's a common occurrence in young children, it's something they should have outgrown by the time they reach the ages of 5 or 6. If they haven't and it happens more than twice a month, it's no longer just an annoyance – it's now a medical problem.

Bedwetting is a distressing disorder that can be a heavy burden for your little one, as well as for mum and dad. The disorder has psychological, social and financial effects, but by identifying and treating the condition early, you can minimise its impact.

About 15-20% of 5-year-olds are affected by bedwetting and although it's considered a medical issue, most children who wet the bed are otherwise healthy. However you should talk to you GP to rule out any additional medical causes and to decide which course of action to take.

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Water in/out chart for kids

A daytime diary will assess your child's bladder capacity

Example:

Day 1 - Daytime

Date: 10th March 2012

Time	Drink volume (ml)	Type of drink	Volume of urine (ml)	Urgency (yes/no)	Leakage of urine (yes/no)	Bowel movement*
8.10	100	Milk				
8.40			140	No	No	
9.10						Normal

*loose/normal/hard

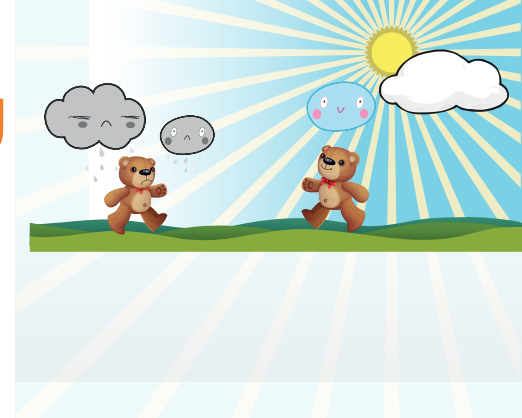
A night-time diary will assess your child's production of urine at night

Example:

Day 1 - Night-time Date: 10th March 2012 Time to bed: 7pm Time getting up: 7.30am

Bed (wet/dry)	Weight of nappy/ volume of urine (ml)	Went to toilet (yes/no)	Woke up (yes/no)	1st morning void (ml)
wet	100	No	No	140

This diary format is adapted from the 2012 Practical Consensus Guidelines for the management of bedwetting (enuresis).¹



Date: _____

*loose/normal/hard

Date: _____

*loose/normal/hard

Date: _____

[illegible]

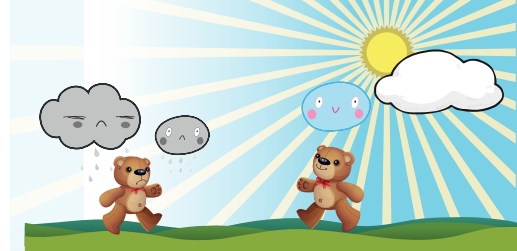
Day 4 - Daytime

Date: _____

[illegible]

*|loose/normal/hard

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Day 1 - Night-time Date: _____ Time to bed: _____ Time getting up: _____

Bed (wet/dry)	weight of nappy/ volume of urine (ml)	went to toilet (yes/no)	woke up (yes/no)	1st morning void (ml)

Day 2 - Night-time Date: _____ Time to bed: _____ Time getting up: _____

Day 3 - Night-time Date: _____ Time to bed: _____ Time getting up: _____

Day 4 - Night-time Date: _____ Time to bed: _____ Time getting up: _____

Day 5 - Night-time Date: _____ Time to bed: _____ Time getting up: _____

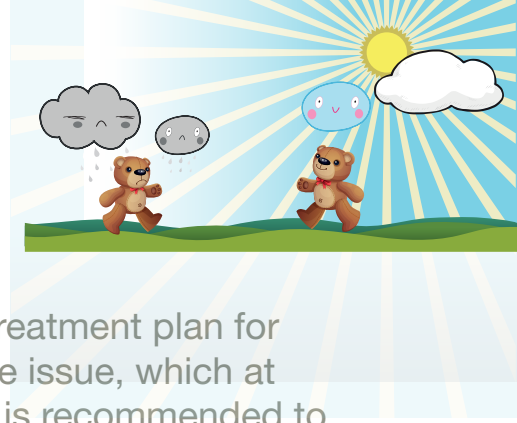
Day 6 - Night-time Date: _____ Time to bed: _____ Time getting up: _____

Day 7 - Night-time Date: _____ Time to bed: _____ Time getting up: _____

This chart belongs to _____

[illegible]

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Summary:

The best thing you can do is talk to your GP about a treatment plan for your child. There are a number of ways to deal with the issue, which at the end of the day, is a medical condition. However, it is recommended to avoid using pull-ups, which send the message to your child that it's ok to wet the bed and doesn't empower them to try to have a successful dry night.

Bedwetting alarm: This works on the principal that your child's body will recognise the bladder is full and wake up. The alarm has a moisture sensor and goes off when your child begins to wet themselves. They can be effective, but require the family to be incredibly motivated and it can take weeks or months to see results.

Behavioural therapies: Night-lifting is one form of behavioural treatment technique that can be used to stop older children from wetting their bed. Try to walk him or her to the toilet in order to teach your child to get up and empty the bladder during the night.

Medication: Bodies are designed to produce vasopressin, which is a hormone that concentrates urine to prevent the bladder from overfilling. Some children cannot make enough of this hormone, so a synthetic version, along with restricting fluid intake, can help reduce bedwetting episodes.

Other possible solutions include:

- Limiting beverages before bed.
- Making your child go to the toilet immediately before they go to sleep.
- A reward system has been known to help. Success can be monitored using stars on a chart, along with prizes for certain periods of dryness.
- Acupuncture, hypnosis and massage are claimed to help, but there is no solid evidence.

Talk to your doctor about which techniques to use and whether medication is right for your child.

