



### If none of the treatments work

Fortunately, as each year passes, bed-wetting will decrease as the child's body matures. By the teen years almost all children will have outgrown the problem. Only 1 in 100 adults is troubled by persistent bed-wetting. Until your older child outgrows bed-wetting, he or she will need a lot of emotional support from the family. Support from a your clinical psychologist might help.

### Parents need to provide support

It is important that parents give support and encouragement to children who wet the bed. They should be sensitive to the child's feelings about bed-wetting. E.g., children may not want to spend the night at a friend's house or go to summer camp. They may be embarrassed or scared that their friends will find out they wet the bed.

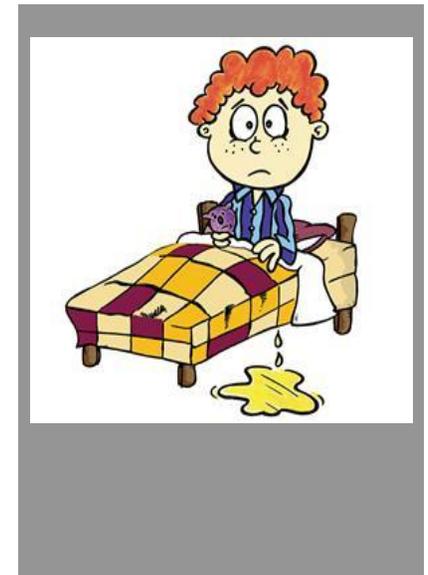
Do not pressure your child to develop night time bladder control before her body is ready to do so. As hard as your child might try, the bed wetting is beyond her control, and she may only get frustrated or depressed because she cannot stop it.

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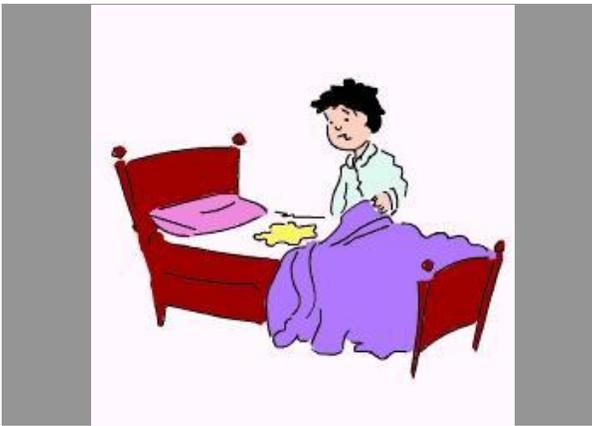


## The Big Problem of Bedwetting



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## Toilet Training

### Let's try to understand...

Toilet training a child takes a lot of patience, time, and understanding. Most children do not become fully toilet trained until they are between 2 and 4 years of age. Some will be able to stay dry during the day. Others may not be able to stay dry during the night until they are older.

### Why does it happen?

All of the causes of bed-wetting are not fully understood, but the following are the main reasons a child wets the bed:

- His bladder is not yet developed enough to hold urine for a full night
- He is not yet able to recognize when his bladder is full, wake up, and use the toilet

Often, a child who has been dry at night will suddenly start bed-wetting again. When this happens it is usually due to stress in the child's life, such as a

- new baby in the home
- moving
- divorce
- physically or sexually abuse

Only, about 1% of bed-wetting cases are related to diseases or defects such as:

- Bladder or kidney infections
- Diabetes
- Defects in the child's urinary system

If your child wets the bed after having been dry at night in the past, your child psychologist should do an evaluation. The bed-wetting may be a sign that stress or a disease is causing the problem.

**“Be Patient,  
Be Understanding,  
It will take Time”**

**BE AWARE- Because** bed-wetting is such a common problem, many mail-order treatment programs and devices or medications advertise that they are the cure. Use caution; many of these products make false claims and promises and may be overly expensive. Your clinical psychologist is the best source for advice, and you should ask for it before your child starts any treatment program.



## Tips to manage Bed Wetting

**Reassure** your child that the symptoms of enuresis will pass as he or she gets older.

**Take steps before bedtime.** Have your child use the toilet and avoid drinking large amounts of fluid just before bedtime.

**Use a bed-wetting alarm device.** If your child reaches the age of 7 or 8 and is still not able to stay dry during the night, an alarm device might help. When the device senses urine, it sets off an alarm so that the child can wake up to use the toilet. Be sure your child resets the alarm before going back to sleep.

**Protect and change the bed.** Put a rubber or plastic cover between the sheet and mattress. This protects the bed from getting wet and smelling like urine.

**Let your child help.** Encourage your child to change the wet sheets and covers. This teaches responsibility. At the same time it can relieve your child of any embarrassment from having family members know every time he or she wets the bed.

**Set a no-teasing rule** in your family. Explain others that he/she does not wet the bed on purpose.

**Reward him** for “dry” nights, but do not punish him for “wet” ones.