

# Let's Talk About...

## Daytime and nighttime wetting

Some children have trouble staying dry at night. Others have trouble making it to the bathroom during the daytime. But many children have a little trouble with both day and night issues. Learn more about what causes daytime and nighttime wetting and how you can help your child.

### What is daytime wetting?

Daytime wetting occurs when a child who is potty-trained has wetting accidents during the day. It is also called diurnal enuresis (en-you-REE-sis). One in 10 school-aged children have wetting accidents during the day. Girls are twice as likely as boys to have daytime wetting problems.

### What causes daytime wetting?

Your child may have problems staying dry during the day because:

- They are too busy to get to the bathroom
- Their body doesn't send a good signal to the brain that the bladder is full
- Their bladder may start to squeeze before they realize they need to go to the bathroom



### What are the signs of daytime wetting?

The signs of daytime wetting include:

- Waiting until the last minute to use the bathroom
- Leaking
- Peeing more often
- Having stomach pain
- Soiling or staining in your child's underwear

### How can I help my child stop daytime wetting?

Your child can avoid daytime wetting by:

- Taking their time when peeing
- Peeing more often than they think they need to
- Choosing rewards for trying to pee on a regular schedule
- Drinking plenty of liquids, even at school
- Using the bathroom at least 6 times throughout the whole day, especially when their bladder feels full
- Following a routine (using the bathroom when they wake up, before going to school, after lunch, and after school)
- Eating a healthy diet of fruits and vegetables to prevent constipation

## What is nighttime wetting?

Nighttime wetting occurs when a child who is potty-trained wets their bed at night. It is also called nocturnal enuresis. Boys are more likely to have nighttime wetting problems than girls. However, nighttime wetting affects:

- 15 out of 100 6-year-olds
- 7 out of 100 8-year-olds
- 3 out of 100 12-year-olds

Many kids still wet the bed, even if they have good daytime bathroom habits. It is common for children younger than 7 years old to wet the bed at night. However, you should talk to your child's doctor if your child continues to wet the bed at night when they are older than 8 years old.

## What causes nighttime wetting?

Your child may wet the bed at night because:

- They sleep deeply and don't wake up to go to the bathroom
- They make a lot of urine
- They have a small bladder
- They are sick or stressed
- They hold bowel movements for too long
- If a parent of the child wet the bed as a child

### Questions for my doctor

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## How can I help my child stop nighttime wetting?

Your child can avoid nighttime wetting by:

- Going to bed at the same time each night
- Drinking most of their water or milk before dinner
- Having one small glass of water after dinner if they need a drink
- Avoiding caffeine from soda or tea
- Peeing twice before going to bed at night
- Taking a break to try to pee when playing before bed
- Setting a bathroom schedule
- Choosing positive rewards for trying to pee, not just peeing
- Learning to wake up when they need to pee
- Using a moisture sensor alarm that goes off whenever your child starts to pee
- Using a plastic protector for the bed and wearing disposable underwear

Help your child develop good daytime and nighttime bathroom habits by having them take a break to try to pee instead of asking if they need to go. Try not to get frustrated or angry if your child has an accident. Wetting is no one's fault.

## What other ways can I help with daytime and nighttime wetting?

Your child may need medicine to soften their poop or fight infections. They may also need medicine for daytime or nighttime wetting if they have pain while urinating and trouble with constipation.

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