

# Health Tips

from New London Hospital

## Children & Bed Wetting

**Enuresis, the medical term** for bed-wetting, is fairly ordinary in the U.S. Between five to seven million children wet the bed. As children are beginning to potty-train, bed-wetting can become frequent. Bed-wetting is common in children up to five years of age and older. The majority of children grow out of bed-wetting.



*Dr. Michael Carr*

**There are many causes of bed-wetting:** child's bladder is too small; amount of urine produced overnight is more than the bladder can hold; child might sleep too deeply and have difficulty waking from sleep; child takes too long to learn bladder control; bed-wetting may run in the family; child may have slower than normal development of the central nervous system, which reduces the ability to stop the bladder from emptying at night; hormonal factors; urinary tract infection; abnormalities in the spinal cord or urethral valves in boys or urethra valves in girls.

**If you are concerned with your child's frequent bed-wetting,** contact your child's physician. Questions about your child's bed-wetting and other areas that pertain to the problem will be asked, physical exams may be conducted, as well as urine tests to check the urinary tract and bladder.

**If your child wets the bed,** do NOT punish them. They are not doing it on purpose. You should have your child take responsibility and have them help with laundry after "wet" nights. It is important to let your child know that it is not his/her "fault" and if bed-wetting runs in the family, that he/she is not the only one who has wet the bed.

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