

Bed wetting checklist

Supporting children who wet the bed

<input checked="" type="checkbox"/>	Understand that your child cannot help wetting the bed. It is not something they do on purpose, nor something they can control
<input checked="" type="checkbox"/>	Understand that children who are heavy sleepers cannot control whether or not they wake up. It is not their fault if they are unable to wake to go to the toilet
<input checked="" type="checkbox"/>	Develop strategies for coping with bed wetting that show your child it's no big deal
<input checked="" type="checkbox"/>	Take time to remind your child that they are fantastic and bed wetting is not their fault
<input checked="" type="checkbox"/>	NEVER punish your child for wetting the bed because it is not their fault
<input checked="" type="checkbox"/>	Remind your child not to drink too much before bed time
<input checked="" type="checkbox"/>	Remind your child to go to the toilet before sleeping
<input checked="" type="checkbox"/>	Use pull-ups to minimise the mess and make the midnight clean-up easier








Visiting the doctor

If you answer yes to any of the following, a trip to the doctor is in order

<input checked="" type="checkbox"/>	Your child is bedwetting and is six years or older
<input checked="" type="checkbox"/>	Your child wets their pants in the day
<input checked="" type="checkbox"/>	Your child has other problems urinating in the day which may include: <ul style="list-style-type: none"> • Hesitating to pee; • Straining to pee; • Weak stream of urination; • Dribbling after urination; and/or • Feeling genital pain while urinating
<input checked="" type="checkbox"/>	Your child has started wetting the bed after at least six months of dry nights

Treating bed wetting

<input checked="" type="checkbox"/>	Remind yourself and your child that bed wetting is common
<input checked="" type="checkbox"/>	Talk to your child about what they think causes bed wetting

	Make sure your child urinates regularly throughout the day
	Ensure your child is getting the right amount of fluid, and does not drink beverages containing caffeine
	Make sure your child is eating a healthy diet
	If you choose to use a reward system like a star chart, make sure you and your child have agreed upon controllable behaviours like peeing before bed for rewards
	Do not reward dry nights as your child cannot control whether or not they wet the bed
	Try a bed wetting alarm to help your child stay dry
	As a last resort, discuss medicines that might help your child stay dry with your doctor

For more information, visit <http://www.parenthub.com.au/toddlers/bed-wetting-how-to-help-your-child-stay-dry>