

Dealing with Nocturnal Enuresis

Bundling up soggy bedding and wet pyjamas isn't much fun, especially on a cold night after a long day. But if your family goes through this process regularly you are far from alone; 'nocturnal enuresis' or *bedwetting* is one of the most common and simply managed health complaints in young children.

- 15% of 5 year olds wet the bed
- 5% of 10 year olds wet the bed
- Bedwetting is more common in boys than girls.

Nocturnal enuresis is nearly always a developmental issue, not an emotional or physical illness. It does not mean you're a bad parent. In fact, this is an opportunity for you to show loving patience and care during what might be a stressful time for your little one.

Rest assured most children can learn to [stop wetting the bed](#) sooner or later:

- Most girls stay dry at nighttime by age six
- Most boys by age seven
- By 10 years, 95% of children are dry at night.

Common Causes of Nocturnal Enuresis in Children

- The waking response to a full bladder isn't yet fully developed, so your child has no conscious control over bedwetting
- Nocturnal enuresis runs in families. If you or your partner wet the bed as a child, there's a 44% chance your child will too
- Your child's bladder may be 'overactive' which can be caused by stress or anxiousness

Treatments for Nocturnal Enuresis

Here are four of our top [bedwetting treatments](#) that could help your child deal with the problem:

- **Reassure your child.** Let them know it's not just them. Statistically, at least two of their classmates do it too. Tell them it's not a problem for you and in no way affects your love for them
- **Praise and reward your child** for getting up to go to the toilet at nighttime
- **Use a [bedwetting alarm](#)** to help your child learn when to wake up
- **Use DryNites to help your child build their self-esteem and be in control of the situation**

Take Care of your Child's Feelings

No matter how inconvenient nocturnal enuresis may be, keep in mind that your child can't help it. It is an accident and must never be punished or laughed at. Shame, hurt, fear and anxiety can damage your child's self-esteem and make the problem worse.

See your Doctor

Fortunately, bedwetting is just a stage for most children. However, you may choose to see a doctor if:

- Nocturnal enuresis is still a problem at 7 years
- Your child wets the bed again after being dry for 6 + months
- To discuss [secondary nocturnal enuresis](#) if your child has been dry for more than three months and then starts bedwetting again.

For more information about nocturnal enuresis and how to manage bedwetting, visit DryNites.co.nz.

Author Box

DryNites website specialises in bedwetting and understands how difficult this time can be for both parents and children. Check out the website for more information on enuresis, self-esteem in children and read others bedwetting stories. Grab a free sample of DryNites Bedwetting Pyjama Pants or get all the information on [bedwetting](#).