



## Bed Wetting (Nocturnal Enuresis)

### What is it?

Bed wetting, or nocturnal enuresis, is defined as nighttime urinary incontinence (pee accidents) that occur at least twice a week in children aged 5 and older who are otherwise toilet trained during the day. It is common in younger children, affecting up to 15% of 5-year-olds. Many children outgrow bed wetting over time.

### Why does it happen?

#### Common causes include:

- Producing too much urine at night
- Being a very heavy sleeper
- Having a small bladder
- Overactive bladder muscles

#### Risk Factors:

- Poor sleep habits
- Family history of bed wetting
- Developmental delays
- ADHD
- Enlarged tonsils/adenoids
- Constipation
- Being male (boys are affected about twice as often as girls)
- Stress

### What Parents Can Do:

- Avoid using pull-ups or diapers (except when sleeping away from home), as they can reduce motivation to get up and use the bathroom.
- Encourage your child to use the bathroom frequently during the day and ensure they have unrestricted bathroom access at school.
- Have your child use the bathroom right before bed and any time they wake up during the night.
- Avoid high-sugar drinks.
- Limit fluid intake in the evening (only if your child is drinking enough fluids during the day).
- For children up to age 7, try motivational strategies such as sticker charts for dry nights. Offer realistic rewards for consecutive dry nights and gradually increase the goal as progress is made.

### When to Call the Doctor:

- If your child is under 8 years old and there has been no improvement after trying the above strategies for at least 3 months.
- If your child is 8 years or older and is having accidents at least twice a week on a regular basis.

### What Will the Doctor Do?

- Collect a urine sample to check for abnormalities such as infection.
- Ask detailed questions to identify any underlying causes.
- Discuss additional strategies to help your child stay dry at night (e.g., bedwetting alarms, medication).
- Refer your child to a specialist if necessary.

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