

Giving your child the best start in life

Managing bedwetting

Wetting the bed – the facts.

- One in four three year olds wet the bed.
- One in six five year olds wet the bed.
- Bed-wetting at night is not considered a problem until after the age of five.
- There doesn't appear to be a link between urine production during the night and the capacity of the bladder to hold it.
- Bed wetting often runs in the family with one or both parents that used to wet the bed.
- Boys are more likely to suffer than girls.
- Usually there's no specific reason for wetting the bed but you should visit your GP to look for development problems and rule out conditions such as diabetes and urine infections.

Useful contacts

www.netdoctor.co.uk
www.bbc.co.uk/health/conditions/bedwetting2.shtml

The Enuresis Resource and Information Centre

Tel: 0845 370 8008

<http://www.eric.org.uk/main.html>