

## **Advice to children**

Bedwetting is more common than you might think. The medical name for this condition is Primary Nocturnal Enuresis (or sometimes just "PNE").

In the United Kingdom, over half a million kids between the ages of 5 and 16 wet the bed.

### **What causes it?**

- It's not your fault if you wet the bed

### **There are several reasons why it might happen:**

- Maybe it runs in your family. For example, your mum or dad may have wet the bed when they were kids.
- You might be producing too much wee at night.
- Or maybe you need to go to the toilet a lot because your bladder (the stretchy bag that holds your wee) tells you it's full when it's not.
- It may be that you've had too much to drink before you go to bed.
- It might be as a result of something you're worrying about.
- Lastly, it could be that your bladder doesn't tell your brain to wake up when you need to do a wee and you don't get up in time to go to the loo.

### **What can you and your Mum and Dad do to help?**

- Have a wash - try and wash yourself properly after wetting the bed so that you're nice and clean.
- Watch what you drink - you shouldn't have too much to drink before you go to bed, but it's important to drink lots throughout the day - water, milk and fruit juice is best. Try and avoid fizzy drinks because they make you produce more wee at night.
- Needing the toilet at night - always go to the toilet before you go to bed. And if you think you might need to go during the night, but don't like the dark, ask mum or dad to put a night light in your room or give you a torch so you can see where you're going. Or ask them to put a potty under the bed.
- Seek further help
- Lots of kids grow out of wetting the bed, but if your problem continues long-term ask your mum and dad if it would be a good idea to go to a doctor or nurse.