



NOCTURNAL ENURESIS (BEDWETTING)

Nocturnal enuresis is when a child wets the bed during sleep, usually without waking up. It can happen:

- Occasionally, or
- Regularly, several nights a week

Why Does It Happen?

There are a few common reasons:

- **Deep sleep:** Some children sleep very deeply and do not wake when their bladder is full
- **Bladder development:** The bladder may still be maturing and not yet able to hold urine all night
- **Hormones:** The body produces a hormone (ADH) that helps reduce urine production at night. Some children produce less of this
- **Family history:** Bedwetting often runs in families
- **Constipation or medical factors:** In some cases, underlying issues can play a role

What is Normal?

- Bedwetting is common up to age 5 and beyond
- Some children take longer to stay dry overnight than others
- It is not linked to laziness or behaviour

When to Seek Support

It may be helpful to speak to a GP or healthcare professional if:

- Your child is over 5 and bedwetting is frequent
- Bedwetting starts suddenly after a dry period
- There are concerns about constipation, pain, or daytime wetting





NOCTURNAL ENURESIS (BEDWETTING)

How to Support Your Child:

- Stay calm and reassuring: Avoid blame or punishment. Your child is not in control of this
- Use protective bedding: Mattress protectors can reduce stress for everyone. Have spares ready in the bedroom or layer up the bedding so you can quickly change the bed in the night.
- Encourage regular daytime toileting: Make sure your child uses the toilet regularly during the day
- Limit drinks close to bedtime (but don't restrict too much): Offer most fluids earlier in the day, with a smaller drink in the evening. Avoid drinks like blackcurrant juice as these are a bladder stimulant.
- Toilet before bed: Make this part of the bedtime routine
- Keep nights low-key: If they wake wet, change them calmly and quickly with minimal disruption. Keep the lights down low and stay calm while changing the bed.

Things to Remember

- Your child is not doing this on purpose
- Punishment does not help and can make things worse
- Most children grow out of bedwetting with time

For further information and support, you can visit the ERIC website (The Children's Bowel & Bladder Charity), which offers trusted advice for families.

