

Pediatric Urology of Western New York, P.C.

219 Bryant St. Buffalo, NY 14222

Phone: (716) 878-7393

Fax: (716) 878-7096

www.pediatricurologyofwny.com

Bedwetting or Nocturnal Enuresis

Bedwetting can be a problem for families every night. Bedwetting is related to your child's development and is more common in younger children but can last into adolescence.

Each child's bedwetting is different. Some children have never had a dry night and others were normal and then something triggered them to start wetting the bed. Some children wet the bed once a night, some wet multiple times per night and some can wet inconsistently. However, if your child is also wet during the day, there may be other underlying problems as well. By age 7 years, children are often embarrassed to be wetting the bed and may refuse to participate in social activities that require sleeping away from home.

Bedwetting is frustrating for the parents and the child. As a parent, it is important to remain calm and kind. Avoid blame and punishment, as bedwetting is a medical problem your child needs your help to resolve. Try to be supportive and remind your child that bedwetting is something you can fix together.

The most common causes of bedwetting are:

- A small capacity bladder.

- Deep sleep

- Irregular Bowel Movements

- Diet

- Genetics also plays a part in bedwetting. Chances are if you, your spouse had problems with bedwetting, your child will have the same problem.

- Emotional changes such as illness, stress or the start of school can sometimes start bedwetting.

- Physical changes such as a urinary tract infection can cause bedwetting.

Children with other conditions such as obstructive sleep apnea, attention deficit disorder, learning disabilities and environmental allergies tend to be more likely to wet to bed.

If your child is suffering from enuresis and you are ready for some help in treating your child, please call our office to schedule an appointment. (716) 878-7393.

We have also found the following books helpful:

-Seven Steps to Nighttime Dryness: A Practical Guide for Parents of Children with Bedwetting by Renee Mercer (for parents)

-Max Archer Kid Detective: The Case of the Wet Bed by Howard J. Bennett
(for children)

CUPID: Center for Urology and Pediatric Incontinence Disorders

Saul P. Greenfield, MD
Pediatric Urologist

Pierre Williot, MD
Pediatric Urologist

Allyson Fried, CPNP
Pediatric Nurse Practitioner

Sabrina Meyer, CPNP
Pediatric Nurse Practitioner