Bedwetting

Diana Converse

Bedwetting is a common problem in children ages 5-12, particularly for boys. An estimated 5 to 7 million children in the U.S. have a problem with bedwetting at any given time (Evans & Radunovich, 2006). The good news is that most of them eventually outgrow it. Most physicians and psychologists advise parents that a child should be able to keep the bed dry by age five or six. However, many professionals admit that bedwetting can become a serious problem for the younger child if it begins to impact their self-esteem, behavior, and relationships with others.

All of the causes of bedwetting are not known. Physicians emphasize that bedwetting is a symptom, not a disease. Bedwetting is not a mental problem, learning problem, or behavioral problem. Even children with no history of bedwetting may lose bladder control from time to time. For example, bedwetting may appear or increase when a child is ill. Urinary tract infections often cause bedwetting in children and adults (Evans & Radunovich, 2006).

Children rarely wet the bed on purpose, so parents need to avoid punishing their child. Bedwetting can also be a response to emotional conflict, anxiety or stress, such as a dramatic change in home and family life. Parents should consider talking to a doctor to rule out any physical causes and to discuss a variety of treatments for their child, such as scheduled waking, changing parenting styles, limiting fluids at night, exercises, and medications (Evans & Radunovich, 2006).
Listening, learning, and living together: it's the science of life. “Family Album” is a co-production of University of Florida IFAS Extension, the Department of Family, Youth and Community Sciences, and of WUFT-FM. If you'd like to learn more, please visit our website at http://www.familyalbumradio.org.

To listen to the radio broadcast:

http://radiosource.net/radio_stories/bedwetting.mp3

http://radiosource.net/radio_stories/bedwetting.wav

Reference