

Transcribed from the Family Album Radio Program, 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 familyalbumradio.org

Listening, learning, and living together: it's the science of life.

Bedwetting¹

Garret Evans and Heidi Liss Radunovich²

Bedwetting is a common problem for children ages 5-12, but fortunately most children grow out of this problem.

Many parents are not sure how old their child needs to be before their wetting is considered a "problem." Most children will begin to stay dry at night at around age three. However, approximately 15% of children continue to wet the bed after this age, with boys more likely to wet the bed than girls. Most physicians and psychologists agree that bedwetting is a problem if the child is unable to keep the bed dry by age seven (Evans & Radunovich, 2006).

All of the causes of bedwetting are not known, and the cause may be different for each child. For some children it appears that they have relatively small bladders. Other children may have nervous systems that aren't sufficiently developed to get the right signal between the bladder and the brain. Some children may lack sufficient levels of an important hormone, AVP, which helps decrease the amount of urine produced at night. Bedwetting can also be a response to stress (Evans & Radunovich, 2006).

1. This document is FAR0092, one of a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. First published March 2009. In the interest of time or clarity, the broadcast version of this script may have been modified. Please visit the EDIS Web site at <http://edis.ifas.ufl.edu>.
2. Garret Evans, former professor, Department of Family, Youth and Community Sciences, and Heidi Liss Radunovich, assistant professor, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611.

Many parents mistakenly believe that wetting the bed is their child's way of getting back at them. It's important to realize that children very rarely wet the bed on purpose, and are usually ashamed of it. Parents should never punish a child for bedwetting.

Common treatments for bedwetting include scheduled waking, limiting fluids, moisture alarms, bladder training, medications, and psychotherapy. However, a treatment decision should be made with the guidance of a physician or mental health professional.

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 Web site at <http://www.familyalbumradio.org>.

To listen to the radio broadcast:

http://www.radiosource.net/radio_stories/506.mp3

http://www.radiosource.net/radio_stories/506.wav