

# Children's Health

## Bed-Wetting: What Parents Need To Know

(NAPSA)—The most important thing parents may need to learn about bed-wetting is that it's not the child's fault. Knowing this can help parents cope with a child's bed-wetting and help prevent the self-esteem problems that often accompany it.

In the U.S., an estimated five to seven million children, age six and older are affected by bed-wetting, also known as primary nocturnal enuresis.

While the exact cause of bed-wetting is unknown, it is considered a medical condition, not a behavioral or emotional problem. Bed-wetting has been linked to both family history and hormones. A child has a 77 percent chance of wetting the bed if both parents have a bed-wetting history.

Bed-wetting may occur because of allergies, bladder spasms, stress, constipation, extreme deep sleep, intestinal parasites or pin-worms and excessive fluid intake and other medical conditions.

It is a myth to think that bed-wetting is caused by laziness or lack of motivation, and that punishing the child will solve the problem.

Parental disapproval and punishment do not address the problem and could affect the child's self esteem and progress in resolving the bed-wetting problem.

According to The National Bladder Foundation, numerous treatments may help, starting with a simple change in diet. This may include cutting out or limiting products such as dairy, acidic juices, foods and drinks high in caffeine and reducing all fluids two hours before bed. Children



**There are many options for treating bed-wetting. Parents may want to discuss them with the child's health care provider.**

should drink moderate fluids throughout the day.

Some parents may try waking the child up to urinate one or two hours after he or she goes to sleep. Wetness alarms are designed to wake the child at the first sign of wetness and may help increase awareness.

DDAVP (desmopressin acetate) is the most commonly used medication to treat bed-wetting. It works by replacing the hormone vasopressin and by limiting the amount of urine produced at night.

Bed-wetting can be overcome through a supportive program that includes the whole family.

For more information, and for a free brochure, send a self-addressed, stamped, business-size envelope to It's Not Your Child's Fault, the National Bladder Foundation, Dept. B, P.O. Box 1095, Ridgefield, CT 06877.