

Pointers For Parents

When Is Bed-Wetting A Serious Problem?

(NAPSA)—In the United States, an estimated five to seven million children age six and older are affected by bed-wetting, also known as primary nocturnal enuresis.

Fortunately, learning more about this condition can help parents cope and help prevent the self-esteem problems that often accompany it.

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 is not the child's fault and may occur because of allergies, bladder, spasms, stress, constipation, extreme deep sleep, intestinal parasites or pinworms and excessive fluid intake and other medical conditions.

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

In fact, 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, food and drinks high in caffeine and reducing all fluids two



If a child's bed-wetting is an issue, discuss treatment options with your health provider.

hours before bed. Children should drink moderate fluids throughout the day.

Some parents may try waking the child up to one or two hours after sleep to urinate. 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 works 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.