School Age Children and Bed-Wetting

Pre-reading

Questions:
- What do you know about school age children and bed-wetting?
- Why do you think it would be important for parents to read this article?

Definitions:
- Develop – to grow
- Recognize – to know or be aware
- Caffeine – a stimulant found in coffee, tea and pop that causes a person to urinate more
- Urinate – to relieve the body of urine

Reading

If your school age child wets the bed at night, he’s not alone. Twenty percent of 5 year olds still wet the bed. Three percent of 12 year olds wet the bed. Night bed-wetting is very common in preschool age children. Most doctors won’t treat bed-wetting with medication until children are at least 7 years old.

There are two main reasons your child may wet the bed:
1. Your child’s bladder has not developed enough to hold urine through the night.
2. Your child has not learned how to recognize when her bladder is full during sleep.

If your child suffers from bed-wetting, try these helpful hints:
- Ask your child to use the bathroom twice before going to bed.
- Do not let your child drink much in the evening.
- Do not give your child caffeine.
- Wake your child to use the bathroom before you go to bed.
- Praise your child when he has a dry night.

If bed-wetting continues, ask your doctor about a bed-wetting alarm. The alarm wakes your child when she begins to wet the bed. Your doctor may also prescribe medication to help the problem.

But, medications do not cure bed-wetting.

Adapted from: “Mayo Clinic Health Quest”, December 2003
Image courtesy of “Children’s Medical Center Dallas”
Understanding

1. What does **preschool age** mean? ____________________________________________
   ____________________________________________________________________________

2. What does **school age** mean? ________________________________________________
   ____________________________________________________________________________

3. How many 5 year olds wet the bed? _____________________________________________
   ____________________________________________________________________________

4. List two ways parents can try and help their children stop wetting the bed. __________
   ____________________________________________________________________________
   ____________________________________________________________________________

5. Why do you think parents should not give their children caffeine before bed? __________
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Writing

**Choice A:** In your own words, write about what information you learned about bed-wetting.

**Choice B:** If you have had a bed-wetter in your family, how did you help your child through the experience?

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