

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

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

56 There are two main reasons your child may wet the bed:

- 67 1. Your child's bladder has not developed enough to hold urine through the night.
- 80 2. Your child has not learned how to recognize when her bladder is full during sleep.

95 If your child suffers from bed-wetting, try these helpful hints:

- 105 • Ask your child to use the bathroom twice before going to bed.
- 117 • Do not let your child drink much in the evening.
- 127 • Do not give your child caffeine.
- 133 • Wake your child to use the bathroom before you go to bed.
- 145 • Praise your child when he has a dry night.

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

186 But, medications do not cure bed-wetting.

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Adapted from: "Mayo Clinic Health Quest", December 2003

Image courtesy of "Children's Medical Center Dallas"

Level 4.5

