

Bedwetting can be treated

Bedwetting can interfere with social activities, relationships and performance at school¹. In addition, self-esteem may suffer^{2,3,4}. Bedwetting may be caused by several factors and it is encouraging to know that this condition can be managed in several ways. Don't give up – start a conversation with your doctor today.

How common is bedwetting?

It might reassure you to know that around 19% of school-aged children wet the bed – it's really one of the most common of all childhood problems¹.



Won't they just grow out of it?

Each year about 14% of children do grow out of wetting the bed. But bedwetting often doesn't resolve by itself – for some children, the problem continues into adulthood¹. In fact, as children who still wet the bed get older, growing out of bedwetting becomes more difficult¹.

What causes bedwetting?

Bedwetting can be caused by one or a combination of the following⁴:



It is important to seek medical advice to establish the cause of a child's bedwetting as this will help determine the best treatment.

How can I help my child or teenager?

Bedwetting is caused by a number of factors beyond your child's control. So it's very important to be patient and supportive and not to punish or scold your child, even though you may feel angry or tired.

It's easy for your child to feel helpless or become discouraged while they're trying to become dry, so be as reassuring and understanding as you can.

If your child still wets the bed after the age of 6 and is unhappy and uncomfortable about it, you should discuss it with your doctor.

Your doctor is there to help

To determine the right treatment for your child, your doctor may want to know things such as:

- the child's diet and drinking habits
- the child's toilet habits
- whether the child is constipated
- whether there's a medical condition that might be causing the bedwetting
- how much urine the child passes

Why treat bedwetting?

When a child is very young, bedwetting may not seem like a concern, but as they get older, persistent bedwetting can be a distressing experience both for your child and your family^{2,4}. By leaving it untreated, your child or teenager can suffer an increased risk of^{2,3,4}:

- Low self esteem
- Strong feelings of shame and failure
- Finding it hard to make friends
- Underachieving at school
- Becoming withdrawn

Clinical research has shown that bedwetting can have a significant negative impact on a child's emotional and social development^{2,3,4}.

If your child is 6 years of age or older, still wets the bed and is unhappy and uncomfortable about it, you should consider talking to your doctor about treatment.

For more useful information and resources on bedwetting:

visit
www.treatbedwetting.com.au
or scan the QR code below



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References: 1. Caldwell P and Ng C. Med Today 2008;9:16-24. 2. Butler R and McKenna S. BJU Int 2002;89:295-297. 3. Hägglöf B et al. Scand J Urol Nephrol Suppl 1997;183:79-82. 4. Butler RJ and Holland P. Scand J Urol Nephrol. 2000;34:270-277.

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It's time to Put Bedwetting to Bed

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