

## Learning How to Stay Dry at Night



1. **One in five kids still wet their beds when they are age five** and some continue on into adolescence and adulthood.
2. **Bedwetting is frustrating for everyone in the family** and it takes everyone working together to fix the problem.
3. **Always check with your doctor** to make sure that there is not a medical reason for the bedwetting, like an illness, or an emotional change such as starting school, the arrival of a new baby, or a death in the family.
4. **Here are some helpful hints for making bedwetting easier for the whole family:**
  - Never blame or punish the child for this behavior. They have no control over it.
  - Talk openly with your child. Don't keep it an embarrassing secret.
  - Force fluids during the day. This helps to increase bladder capacity.
  - Restrict fluids two hours before your child's bedtime.
  - Make sure your child goes to the bathroom before going to bed.
  - Have your child go to bed at the same time every night.
  - Wake your child before you go to bed and have your child use the bathroom.
  - Make sure your child is **awake**; you want your child to be aware of getting up.
  - Praise your child for staying dry.
  - If the bed is wet, have your child help to change the sheets. This teaches your child responsibility.
  - Investigate bedwetting alarm systems.
5. Good luck. If you need more help, talk with your child's pediatrician for their recommendations.

**We're here to help.** To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

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