



Bournemouth Parenting Practitioners Tip Sheet

Bedwetting & Sleeping Difficulties

Bedwetting

Wetting the bed is a common issue with young children, with roughly one in four children aged three years old repeatedly doing so. Bedwetting is not deliberate, and can, in some cases, signal a physical problem. If you are worried that this may be the case, contact your GP.

If your child wets the bed, as a parent you should:

- Stay calm. Although it can be stressful for both you and your child, try not to express any anger.
- When teaching your child about bladder control, remain calm and relaxed as they are more likely to learn if they do not feel under pressure. Remember to praise them when they do the right thing, rather than punish them for making mistakes.
- Remember that it is a gradual process for your child to learn bladder control. Talk regularly to him or her about the issue, and reassure them that other children also wet the bed.

Sleeping Difficulties

Babies and young children experience difficulty sleeping for a number of reasons. Although this can be extremely frustrating for parents, it is important that you help your child to develop a steady routine.

- Establish a sleep routine from an early age (as early as six weeks, if possible). Designate a bedtime and stick to it. Set aside some time beforehand for your child to relax before going to bed.
- Have the confidence to recognise if your child is just restless, or is actually distressed.
- If your child frequently disrupts your own sleep, take a night off to rest by asking someone you trust to look after him or her.
-

You can also help your child by making sure that their sleeping environment is warm and comfortable. A nightlight could be used if your child is scared.



Warnings



Does your child seem worried? Has something happened that could be bothering them and disrupting their sleep?

What to do



Stay calm. Make sure your child goes to the toilet before bed. If you are worried that the cause of bedwetting may be physical, contact your GP.

What to say



Talk to your child about their feelings. Praise them when they sleep all through the night, but do not punish them if they don't.

Prevention



Make sure that your child knows they can talk to you about anything. For any further advice on preventing bedwetting, talk to your GP.

Useful Contacts

For more information, advice or support, contact:

- Education and Resources for Improving Childhood Continence, telephone: 0845 370 8008
- Bournemouth Parenting Practitioners, telephone: 01202 453965

