

TIP SHEET - NIGHT WETTING - NEED HELP!

Do you know you cannot train children to be dry at night.

We used to think so but not any more. It's a myth and not something we understood until 20 years ago.

All of us are pre-programmed by our DNA - our genes. It's this genetic programming that will determine the age when we stop wetting at night - for most of us, sometime between two and six. Your child has no control over timing, same as they can't help their eye colour.

We wet at night because we produce the same amount of wee at night as during the day until our body starts to produce an important hormone (Anti Diuretic Hormone - ADH). Our bladders simply cannot cope with the amount. The hormone draws the fluid from our wee and causes it to concentrate.

So what can you do.....

Well for 88% of us, our hormone is working by the age of six. So there's no point worrying about it until six. Taking the nappy/pull-up off won't help, just create loads of laundry!

Check out what's happening:

- If your child is having some dry nappies, it's an indication that the hormone is active (most children wet in the deepest sleep period which is generally pre-midnight). You can take the nappy off, there is a good chance your child will be dry most nights - although as the hormone stabilizes there may be a few accidents.
- If your child is wet before midnight, keep the nappy or pull-up on and check again in a few months - the hormone isn't active yet.

Make sure your child has plenty of sleep, if they're not too tired or really deep sleepers, they will wake when their brain registers their bladder is full and they'll take themselves until the hormone is activated in their bodies and concentrates their wee at night.

Make sure your child drinks well across the day and don't limit fluid before bedtime. It makes no difference to night wetting and bladder capacity is really important.

If your child is still working out day time training or is constipated, it's harder to stabilize the night time, so work on those first and don't worry about the night time.

For over six year olds, seek help from the professionals - there's info on our website