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Wet sheets and pajamas and embarrassed child are familiar scenes in many home. Bedwetting doesnâ€™t mean that your child has adapted a bad habit; it is rather a normal phenomenon of childâ€™s development. Bedwetting is also known as nighttime incontinence or nocturnal enuresis. Bedwetting before the age of 6 or 7 isnâ€™t the cause of concern. At such an age your child may still be developing nighttime bladder control. But if the problem continues than pay attention to it, treat the problem with patience and understanding. Bladder training, moisture alarm or medication may help reduce the problem.

Nocturnal enuresis is the medical term for bedwetting; most common childhood urologic childhood condition. Most bedwetting cases are just because of the developmental delay, it is very rare that bedwetting cases are caused by medical conditions. It is often related to family history of the condition. 95% of the children of and above age 10 stay dry at night.

Primary enuresis and secondary enuresis are two types of bedwetting. When the children remains consistently wet at night is known as primary enuresis. Primary enuresis may occurs when the body makes ore urine at night than bladder can hold or if the child is not able to wake up at night when the bladder is full. The childâ€™s brain has not learned to respond to the signal that bladder is full. It is neither child nor parentâ€™s fault.

Children who remained wet for at least 6 month start wetting again at night. It might include many reasons that children who remained dry start bedwetting again at night like physical, emotional, or change in sleep. Physical causes are rare, it include birth defects of genitourinary tracts, infection of the urinary tract and diabetes. Regular bedwetting very often refers to kidney or bladder problem. In many cases it is due to slow bladder development at night or sleep disorder. Many a times, the problem is due to some tension and emotion that requires attention. There are various emotional reasons for bedwetting. For instance, if the child consistently remained dry at night for several months and immediately start bedwetting again than this might be the result of changes or events which make the child feel insecure like losing someone very dear, parentâ€™s divorce or arrival of new baby at home.

Children do not wet knowingly, parents should understand that children themselves feel ashamed therefore; rather scolding them parents must encourage them and tell them that he or she will soon be able to stay dry at night. Parents must understand the fact that approximately 15 percent of the children after the age of three wet the bed at night, more number of boys wet the bed than girls, the problem may run in the family. Most bed wetterâ€™s undergo emotional problems and it generally stops after puberty.

Encourage the child to go to washroom before going to bed that might help to prevent bedwetting. Limit the amount of liquid before going to bed at night. Instead of punishing the child for bedwetting, praise the child during dry mornings and wake up the child during night to empty their bladder. Parents support will help to minimize the problem of bedwetting in children.

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