

Children's Health Minute
"Childhood Bedwetting"

Air Dates: Week of April 23, 2007

Dr. Hellerstedt: Bedwetting is common in young kids. But what about after age three?

Hi, I'm Dr. John Hellerstedt with the Children's Health Minute -- connecting families with Children's Medicaid and CHIP.

In most cases, bedwetting should not be a cause for alarm. Some healthy children just take longer than others to stay dry at night. Other children may fall into a very deep sleep not awoken from the feeling of a full bladder.

But the child's emotions can affect bedwetting, so it's important not to add unproductive stress to the situation. Rather than making the child feel ashamed, parents need to encourage the child and express confidence that he or she will soon stay dry through the night. Parents may help children who wet the bed by:

- * Limiting liquids before bedtime
- * Encouraging the child to go to the bathroom before bedtime
- * Praising the child on dry mornings, and
- * Avoiding punishments

Announcer: Keep your kids healthy. Call toll-free 1-877-KIDS NOW to apply or when it's time to renew your CHIP or Children's Medicaid. Six months of coverage for all your children costs just 50 dollars or less, but most families pay little or nothing. That's 1-877-KIDS NOW.