5 Tips to Beat Bedwetting

*This is a sponsored post on behalf of GoodNites & Cafe Mom. Though I was compensated for my time, all opinions are my own.*

Bedwetting can be an extremely frustrating and embarrassing condition; for both the child and the parent. Though your child may feel like they are alone an estimated 1 in 6 children still wet the bed by age 4. But according to the Mayo Clinic, less than 5 percent of kids do so by ages 8 to 11. Before you try any of these tips you may want to rule out any medical conditions. Doctors think that some children have what they call 'primary enuresis' which means the child has always wet the bed, usually caused by a delay in the maturation of the mechanisms controlling the bladder. But the majority of kids that have problems bedwetting don't have the necessary control to wake up when their bladders are full. They usually sleep harder than other children and it's just something they have to learn. Here are a few tips that we've found to help beat bedwetting.



**1. Stop the Shaming**

While most children grow out of the bedwetting phase one thing they will *not*grow out of is the shaming, and self-esteem issues that can be caused when parents blame the child for the accidents. Bedwetting can be stressful enough to a child and they don’t need any shaming from their parents. Be encouraging, let them know that they *will*grow out of it and that you are there for them no matter what. Give them lots of encouragement and love. Also make sure that no one is allowed to tease them about the bedwetting and don’t discuss the issue with those outside the family. This is a personal issue that will most likely resolve itself.

**2. Encourage Bathroom Trips Before Bed**

This is a pretty basic step, but very important in the ‘dry night’ process. Have your child use the bathroom while starting their bedtime routine – before putting on their pajamas, brushing their teeth, reading the bedtime story. When it’s time to tuck them in take them *one more time.* Making sure they have an empty bladder before falling asleep can reduce the amount of wet nights.

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**3. Limit Night Time Drinking**

By no means should you prevent your child from having a drink if they are really thirsty; but sometimes drinking constantly can be just a habit. When dealing with bedwetting it is ideal if your child drinks more fluids during the day and less at night. Definitely keep away any drinks that contain caffeine as well. Caffeine actually increases the amount of urine produced, so they will actually need to use the bathroom more often if they are drinking caffeine. Try to limit your child from drinking anything about 2 hours before bedtime.

**4. Keep them Dry**

Make sure to cover the mattress with a plastic waterproof sheet or have a waterproof mattress cover or pad. You can also ‘double up’ by layering a plastic sheet, regular sheet, and blanket, then repeat. The more your child is accustomed to being dry, the more they will want to be that way. Recently I discovered the [***NEW* HYPERLINK "https://www.goodnites.com/our-products/goodnites-trufit/?WT.mc\_id=GNG&WT.srch=1"  HYPERLINK "https://www.goodnites.com/our-products/goodnites-trufit/?WT.mc\_id=GNG&WT.srch=1"GoodNites\* TRU-FIT\* Underwear**](https://www.goodnites.com/our-products/goodnites-trufit/?WT.mc_id=GNG&WT.srch=1)which are life savers – and they have built the self esteem of my son unlike other diaper-like counterparts. The GoodNites\* TRU-FIT\* Underwear with Disposable Inserts keep sheets and PJ’s dry all night with outstanding nighttime protection. They are ultra-soft breathable cotton-blend underwear, with an inside water-repellent barrier and coating that is fully sealed at the seams and provides dry comfort. They also have an elastic waistband that stays comfortable and snug even after it’s washed.

What I really *love*about these is we can have his cousin spend the night or a friend and not worry about the embarrassment of diaper-like protection. We keep extra pairs in the bathroom in a basket under the sink so if there is any type of accident he can take care of it himself without anyone knowing. This is definitely a revolutionary product that myself -and my son- are so grateful for.



Do you have a child that suffers from bedwetting? What are some of your tips for beating bedwetting?