

DAYTIME WETTING

The Basics

Daytime wetting can be normal. By 4 years of age, most children can control their bladder and stay dry during the day. However, normal children 4 to 6 years of age, and even older, can still have accidents during the day. This can be very upsetting and stressful for children, especially if they go to school or daycare. The medical word for daytime wetting is enuresis.

What causes daytime wetting?

Most of the time, daytime wetting is not caused by a medical problem. Some of the causes of daytime wetting include:

- Child's behaviour/habits – active children may wait too long to use the toilet
- Constipation – not pooping as much as the body needs
- Urinary tract infections or other bladder & kidney problems
- Nervous system problems, rarely

What can I do for my child's daytime wetting?

- Have your child pee every 1-2 hours during the day. Use a watch timer.
- Remind your child not to hold in pee.
- Have your child sit for a few minutes after they pee to let all the pee drain from their bladder. They can also stand up and then sit again to try to "double-void"
- Ensure young girls are peeing with their legs open and wiping well, to ensure urine isn't getting trapped, resulting in wet underwear
- Avoid bubble baths or using soap in the genital area as these can irritate the genital area and worsen daytime wetting.
- If your child is constipated, treat their constipation. Ask your doctor about ways to do this and/or look at our Constipation handout

Stopping daytime wetting can be very hard and can take a long time so you and your child will need to work together. **Remember that children cannot help their daytime wetting. You should never punish, tease, or get mad at your child for it.**

When should I talk to my doctor?

Talk to your doctor if your child:

- Is upset or stressed by the daytime wetting.
- Restarts having daytime wetting after they were able to stay dry all day before.
- Has pain when peeing or feels the need to pee often.
- Has leaking/dribbling of pee after they have finished peeing.
- Has many urinary infections, constipation, or other condition that could be causing daytime wetting.
- If your child continues to have daytime wetting after trying the tips above.