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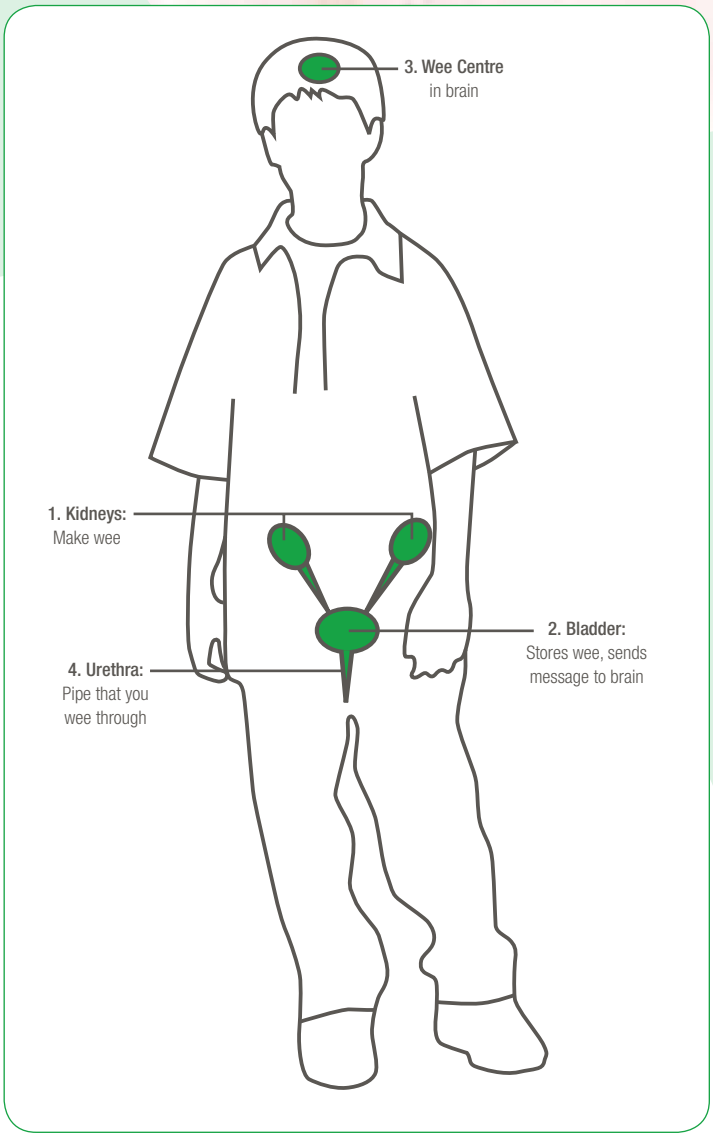
Specially for Children – Bedwetting Information for Kids

Just as kids with asthma have trouble with their breathing, kids who wet the bed have trouble with their bladders. Both groups of kids find it easier to deal with if they have some help and support. You probably feel that you are the only kid in the world who is having some trouble with your wee. Well you're not, you are one of the many thousands of kids in Australia and New Zealand who wet the bed. Did you know that it is the second most common health condition in kids after asthma? There are lots of kids in your school and your sporting team with the same sort of bladder trouble. You're not alone!

What happens in your body.

All the blood in your body goes through the kidneys where some of it is turned into wee (urine). The wee then goes to the bladder where it is stored until it's full. The bladder sends a message to the wee centre in the brain that you need to go to the toilet and you empty it out through a pipe called the urethra. Have a look at the drawing below:



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There are different reasons kids wet the bed.

Your bladder is like a balloon, which stretches when you drink, and 'hold on' to your wee. In some kids, their bladders haven't yet learnt to really stretch enough to hold big wee's during the day. So at night their bladder can't stretch enough to hold all the wee it needs to, to stay dry.

In other kids, their kidneys make too much wee at night, as their brain hasn't learnt to slow down the amount of wee they make during the night. Whatever the reason for wetting at night, kids with this trouble don't get the message at night from their bladder to the wee centre in the brain that makes them get up to go to the toilet and they wet the bed.

What you can do.

The good news is that something can be done to help you. First, you can talk about it with your parents or other relatives – maybe they had this problem too, it commonly runs in families.

DryNites® Pyjama Pants can help you stay dry during this time. DryNites® Pyjama Pants are thin, absorbent pants that disappear under your pyjamas, so no one will even know you're wearing them. DryNites® Pyjama Pants help you to get on with things – So school camps and sleepovers are no big deal!

Your parents may take you to your doctor or continence adviser and they will make sure that your body is in tip top shape before you start any treatment. There are 3 main types of treatment:

- **Bladder training** – This helps you to stretch your bladder by having lots of drinks to teach your bladder to 'hold on' to bigger wee's during the day. Your bladder then learns to stretch at night and hold a whole night's wee, so you won't wet the bed or have to get up to go to the toilet.
- **Enuresis Alarm** – A sensor is either put on the bed or in your undies (under your pyjama pants). This sets off a loud alarm when you first start wetting to wake you up so you can finish the wee in the toilet. This teaches your brain to wake you up when you start to wee.
- **Medication** – Medication is used only if the other treatments aren't successful and is usually only used for a short time, like going away on school camp or on holidays.

Some tips to help your bladder.

- Drink lots of water. Only drink soft drink occasionally and try not to have caffeine drinks (cola, tea, coffee, chocolate and high energy drinks like Red Bull). These can cause more wee to be made and irritate your bladder.
- Don't go to the toilet 'just in case' e.g. before you go out, go into a movie or get in the car. Try to go only when your bladder is really full. This allows your bladder to fill up and learn to stretch. Talk with your parents about this. They may be encouraging you to do a wee when it is convenient for them and not waiting for your bladder to fill up.
- Eat a healthy diet with lots of fruit, vegetables, cereal and bread and other yummy foods with fibre. This will keep your bowel healthy and prevent your poo being hard and pressing on your bladder.

For more information on bedwetting, visit **www.drynites.com.au**

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