

Daytime Wetting

What is daytime wetting?

If your child is having wetting accidents even though they are toilet trained, this is called daytime wetting.

What causes daytime wetting?

Habits

The habits below can lead to daytime wetting, incomplete peeing (urination), and bladder infection.

- Waiting until the last minute before going to the bathroom
 - Not peeing (urinating) often enough; going several hours without peeing
 - Not emptying their bladder all the way (dysfunctional voiding)
 - Squatting down on their heels, crossing their legs, or holding between their legs to keep from wetting
 - Peeing small amounts often
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Health conditions

There are health conditions that can contribute to daytime wetting. These include:

- Not being able to poop (constipation) can lead to decreased bladder capacity, problems emptying the bladder completely and bladder spasms.
 - UTIs (urinary tract infections) which happen in the tube where pee comes out of the body (urethra)
 - Cerebral palsy, ADHD (attention deficit hyperactivity disorder) and other neurologic conditions
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What can I do to help my child?

- Keep a diary of how often your child pees for the next 2 days. This shows your child's current habits. It can also be a starting point from which to make improvements.
- Children ages 3 to 8 need an adult to remind them to go to the bathroom. Letting them go to the bathroom "whenever they need to" does not work for children with dysfunctional voiding.
- It is important that they empty their bladder whether they feel like they need to pee or not. They should not wait until they have the urge to pee.
- Encourage your child to pee every 2 to 3 hours during the day. This is called "timed voiding." They should be on this schedule at home, school, childcare and when out. We can work with you and your child's teacher to set up a schedule.

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To Learn More

- Urology
206-987-2509
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



- You can use a timer on a cellphone to remind your child to pee. Or you can buy a vibrating watch to help remind older children. You can find these special watches online.
 - pottymd.com
 - bedwettingstore.com
- Peeing on a regular basis should become a lifetime habit. The goal is for your child to pee without reminders.

Where can I learn more?

To learn more about how to keep your child's bladder healthy and free from infection, see our handout: "Toileting Tips: How to Teach Your Child Good Potty Habits."

seattlechildrens.org/pdf/PE177.pdf