



Nighttime Accidents? No Problem.

Nocturnal enuresis, also known as nighttime wetting, can be embarrassing for a child and overwhelming for a parent. For some, nighttime wetting may be an inevitable part of growing up, but it doesn't have to be distressing.

Through education and a few simple tips, you can help ease the stress of nighttime wetting for both you and your child:

Support yourself with the facts:

Nighttime wetting is more common than you think!

In fact:

- Up to 15% of five-year-olds and 8% of 8-year-olds experience nighttime wetting¹
- There's a 77% chance that a child will wet the bed if both parents did as a child²
- Nighttime wetting is more common in boys than girls
- While children generally achieve some level of nighttime dryness by about four years of age, accidents can happen even into puberty

Create a plan for success:

The best thing you can do for your child is provide them with the tools they need to cope with nighttime wetting, for example:

Be supportive:

- Allow your child to lean into you emotionally and reinforce your support with encouragement
- Help your child understand that nighttime wetting is not their fault, that bodies develop at different rates and it's something that will pass

- Find ways to talk about the condition to eliminate the 'secrecy' that goes hand-in-hand with nighttime wetting (e.g. start talking about it with your child during the daytime when there are no accidents to help open up a dialogue and decrease the embarrassment)

Fluid Monitoring:

- Rather than limiting fluids before bedtime, parents can give children one or two extra glasses of water in the morning or afternoon, allowing evening drinks to quench thirst only

Routine Development:

- While it may not be easy or effective for parents to wake children during the night, routine bathroom visits may prevent them from unintentionally holding their urine

Maximize comfort overnight:

- If your child is dry all day but sometimes has nighttime accidents, GoodNites® Bedtime Pants are a great choice
- GoodNites® Bedtime Pants are specially designed to be worn lying down. They're plush and super absorbent to help keep kids dry and comfortable all night, no matter what sleep position they prefer. Plus, the discreet design looks and feels like regular underwear with graphics that children won't mind wearing
- Add GoodNites® Bed Mats to your nightly routine to help you further cut down on sheet changes. Just place, peel and protect for a better night, every night

¹Management of primary nocturnal enuresis, Canadian Paediatric Society (2016), <http://www.cps.ca/documents/position/primary-nocturnal-enuresis>

²Genetics and Bedwetting: When Kids Follow in Your Footsteps, www.goodnites.com/en-us/bedwetting/causes-and-treatments/genetics-and-bedwetting

For more nighttime wetting answers, information and advice to help you rest easy tonight, visit www.goodnites.com

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Take the Stress out of Nighttime Wetting

by Michele Kambolis, clinical therapist and mental health specialist

For children who are genetically predisposed to nighttime wetting, social stress such as having a new sibling, starting a new school or experiencing a family crisis may trigger the condition. However, the mechanism and causes behind nighttime wetting are largely the same for all children.

To help ease the stress and anxiety associated with overnight accidents, below are some play-based activities you can proactively do with your child:

Mindfulness Glitter Jar:

The glitter jar represents the mind settling. It's a great afternoon activity that your kids can keep coming back to as a mindfulness practice. It can also help kids connect with their body and emotions by teaching them how to tune into their internal signals.

Materials needed:



Empty mason jar



One tube of glitter glue



One tube of dry glitter

Instructions:

- **Step 1** – Fill the bottle 3/4 full with hot water
- **Step 2** – Add a few squeezes of glitter glue and a tube of dry glitter
- **Step 3** – Tighten the cap

How to Use:

- **Step 1** – Have your child sit in a quiet area and shake the jar repeatedly until the glitter is swirling around like busy thoughts in their brain
- **Step 2** – Take a few deep breaths in and out together, and encourage them to join you in noticing the glitter as it settles to the bottom

- **Step 3** – Encourage them to imagine the glitter as thoughts – without worrying what the thoughts are or what they mean
- **Step 4** – As the glitter starts to settle, ask them to image that the thoughts and ideas in their mind are settling too, gently clearing away the cloud in their mind

Progressive Relaxation:

This can be used by parent's at night to help their child connect with the sensations in their body – something that nighttime wetter's can often struggle with. The technique involves tensing and then relaxing different muscles in the body. This can help your child learn the difference between being tense and feeling relaxed.

Instructions:

- **Step 1** – Have your child find a comfortable place to sit or lie down, close his or her eyes, and let the body go loose
- **Step 2** – Ask your child to take a deep breath in through the nose, hold their breath for a few seconds and breathe out, imagining their tummy is a big balloon filling up with air. Have your child slowly breathe out and imagine that the air in the balloon is slowly escaping. Ask them to pay attention to their body and how it feels
- **Step 3** – Have your child squeeze and relax different muscle groups one-by-one following the same breathing technique to increase sensation and overall awareness (i.e. legs, arms, shoulders, tummy and face)
- **Step 4** – Now have your child relax their whole body, imagining that they are a rag doll trying to relax all the muscles in the body until they feel relaxed and calm
- **Step 5** – Encourage them to open their eyes when they are ready



The Worry Wall:

The Worry Wall thought buster lets children use their imagination and externalize those counterproductive worrisome thoughts by building walls that can be torn down “brick” by “brick.”

Materials needed:



Sticky Notes



Permanent Marker

Instructions:

- **Step 1** – Introduce your child to this activity by letting them know that you’ve been thinking a lot about their worries and you have a special way to help get those worries out of their head
- **Step 2** – Encourage them to write or draw as many worry thoughts as they can and stick all their worries on their very own worry wall. Remind them that once the worries have been written down, they don’t have to think about them anymore
- **Step 3** – Have kids build another wall — their optimism wall. For each worry, create two thoughts to replace it and make sure those new thoughts are optimistic ones. By the time the wall of optimism is finished, it will be twice as big as the worry wall
- **Step 4** – Once they have built their optimism wall, invite them to go ahead and tear down their worry wall, munching up the papers in their hands just like the hungry worry bug

The Balloon Buster:

Brain “muscles” are just like any other muscle in our child’s body. The more they flex, the stronger they’ll become. Introduce a thought buster to your child and watch them grow stronger, more positive thought patterns!

Materials needed:



Balloons



Permanent Marker

Instructions:

- **Step 1** – Help children identify a negative belief that’s contributing to their anxiety or discomfort. The negative belief usually starts with “I” (e.g. “I’m not good enough” or “I can’t do it”)
- Encourage children to let go of negative thoughts by breathing it out of the body and into a balloon
- **Step 2** – Leave the balloon untied and tell them they can release negative thoughts by releasing it and letting it fly around the room. For an added effect, write the negative thought on the balloon with permanent marker
- **Step 3** – Help them replace the negative thought with a helpful one like “I am good enough” and “I can take one step at a time”
- **Step 4** – Finally, have them close their eyes and inhale deeply, imagining that they are breathing that positive thought into their body, to take up the free space where the negative thought once lived

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