

Wetting - Waiting Too Long Type

Definition

- Daytime wetting in a child who is toilet trained.
- Most days your child is dry.
- Some days your child wets their self while running to the bathroom.
- The amount can be small or complete.

Health Information

Cause

- Trying to delay urination is the most common cause of wetting in preschoolers.
- They wait for the last minute to respond to the sensation of a full bladder.
- They are preoccupied with friends, games, videos, or toys. They don't want to take a bathroom break. They would rather "play than pee".
- They wet when their bladder can't hold anymore.

Importance of Treating This Behavior

- Constant holding back urine can be harmful.
- It can tighten the valve that releases urine from the bladder.
- It can become so tight, that some urine is kept in the bladder after using the toilet.
- That can lead to recurrent urinary tract infections, especially in girls.
- The severe form of this problem is called dysfunctional voiding.

Care Advice

1. Key Points

- Young children who are toilet trained can sometimes wet their underwear.
- The main cause is waiting too long after they feel the urge to go.
- Sometimes they wet themselves while running to the bathroom.
- This type of behavior is uncommon after 6 years old.
- Here is some care advice that should help.

2. Put Your Child in Charge

- Tell him his job: "Pay better attention to your body. When the pee wants to come out, go to the bathroom right away. Don't make the pee wait".
- Put your child in charge of getting better.
- Keep your child in underwear.
- Set your child up to succeed.

3. Stop all Reminders About Using the Toilet

- Your child knows what to do. There is nothing left to teach. Let incentives and privileges do your talking.
- Reminders and lectures are a form of pressure. Pressure does not work.
- Pressure will only lead to control issues and power struggles.

4. **Use Incentives to Motivate Your Child**

- Give a special incentive for keeping the underwear dry all day.
- Examples are extra game time, screen time, star chart or even food treats.
- Give lots of hugs throughout the day. Reason: remind your child how much you love them and support them.

5. **Give Consequences for Wetting**

- When wetting occurs, tell your child you know they are sorry for waiting too long. Be kind.
- But help them learn from their mistake. Give a logical consequence.
- Remove whatever your child was playing with or doing when they wet themselves. Remove it for the rest of that day.
- Example: no more screen time for today.
- Absolutely avoid any physical punishment for wetting.

6. **Require Your Child To Change Into Dry Underwear**

- When your child is wet, tell your child they must change into dry underwear and clothing. Help them if needed.
- Do this right away. Reason: Sitting in wet underwear does not teach your child anything.
- It also gives a mixed message, that wearing wet clothing does not really matter.

Call Your Doctor If

- Pain or burning occurs with passing urine
- Wetting becomes more frequent
- You think your child needs to be seen
- You have other questions or concerns

Pediatric Care Advice

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