

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

There are some habits that your child may have that can lead to daytime wetting. These include:

- Waiting until the last minute before going to the bathroom.
 - Not going pee often enough (you may find yourself saying: “It seems like they can hold their pee all day”).
 - Not emptying their bladder all the way. This is called dysfunctional voiding.
 - Children may squat down on their heels, cross their legs, or hold between their legs to keep from wetting. Other children may urinate (pee) small amounts often. These habits lead to incomplete urination, wetting and bladder infection.
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Health conditions

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

- Constipation can lead to decreased bladder capacity, problems emptying the bladder completely, and bladder spasms.
 - UTI's. Wetting can be a symptom of a urinary tract infection.
 - There are medical conditions that can contribute to daytime wetting like cerebral palsy, ADHD, and other neurologic conditions.
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What can I do to help my child?

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

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- It can help to buy a vibrating watch to help remind older children to go to the bathroom every 2 to 3 hours. You can find many styles and colors at pottymd.com or bedwettingstore.com. Other options include using a timer on your cellphone.

We can work with you and your child's teacher to set up a schedule for school as well as at home. Urinating every 2 to 3 hours needs to become a lifetime habit for your child if they have bladder infections. The goal of the timed voiding schedule is to train your child to pee often without reminders.

Other resources:

To learn more about how to keep your child's bladder healthy and free from infection, see our handout: PE177 Toileting Tips: How to Teach Your Child Good Potty Habits