

NIGHTTIME WETTING

VS.

POTTY TRAINING: DOES YOUR CHILD WET THE BED?

If they're usually dry during the day, but are waking up with wet sheets and pajamas, it's not a potty training fail—it could be **Nocturnal Enuresis**, a.k.a. nighttime wetting.

IT COULD BE **NIGHTTIME** WETTING IF:

- + They're dry during the day
- + They're comfortable using the toilet
- + They've moved on to big kid underwear
- + They sometimes wet the bed at night
- + They're between four and 12-years old

Don't worry, there's nothing wrong with your child.

Nocturnal Enuresis affects **1 in 6** kids, and it's more common in boys. Their bodies are growing, and their bladders are still catching up—which means they'll outgrow it in time.



WHAT CAN WE DO TO **HELP** ?



MAKE A PEE-STOP

Even if your kid assures you they "don't need to go!" make sure you include a bathroom trip in their bedtime routine.

DO SOME FAMILY BONDING

Take away the stress! At bedtime, cuddle them and tell them how proud you are of them. It could relieve a lot of anxiety.

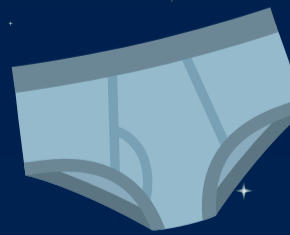


REASSURE AND REINFORCE

Assure them that it's not a big deal and tell them bodies develop at different rates. It's not their fault and it will pass.

KEEP CALM AND CARRY ON!

Children pick up on your mood, so make sure you stay calm. They might be feeling embarrassed—so let them see you're not mad or disappointed.



MAKE THEM COMFORTABLE

In the meantime, keep them dry and comfortable. GoodNites Bedtime Pants are super absorbent and feel just like underwear.

ABOVE ALL,

DON'T WORRY ABOUT IT.

It's a natural part of growing up, and it's important to let your child know that it's not their fault.

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