

Shipshewana Clinic  
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## BED WETTING

### CONTROL OF THE BLADDER

- The frontal lobe of the brain is located behind the forehead. It controls the bladder and also learning new exercises.

### EXERCISE FOR THE BLADDER

- Leg Lifts - Have your child lay flat on their back and hold their legs 2 inches off of the floor. Work up to holding this for 60 seconds. This helps your child with learning a new exercise and also helps to strengthen the bladder. Try not to do this right before bedtime.

### HOME DO'S AND DON'TS

- Bathroom - When your child has to go to the bathroom, have them hold it an extra 30 seconds while in the bathroom, and then start and stop their urine flow while going. This will help strengthen the bladder.
- Evening Meal - Be sure to eat supper 2.5 to 3 hours before bedtime.
- Water - Your child should have water to drink at supper and only water after dinner if he/she is thirsty.
- Reward/discipline - Reward your child each day they wake up dry. Discipline your child on wet mornings by making them help clean up the bed and sheets. You can also put them to bed in a cloth diaper and have them clean that in the morning if they are wet.
- Relaxation - Have your child do relaxing activities 1.5 to 2 hours before bedtime. Examples: Reading books, Legos, puzzles, games, etc... This relaxes the kidneys and bladder, and allows them to drain before bed. Remember to have you child to go the bathroom before bedtime.

### DIET

- Eliminate simple sugars and dairy
- Cut back on grains. Try to have only one grain per day.
- Increase fruits, vegetables, and fish.

### SUPPLEMENTS

- Multivitamin for children
- Acidophilus
- EPA / DHA (Omega 3)

