Reasons for Accidents and Bedwetting

- Lack of readiness
- Limit liquid intake prior to bedtime
- Time stress - too much pressure in a short amount of time
- New family dynamics - new house, baby, job change, etc.
- Distracted - such as too busy playing
- Bedwetting may continue to age 5
- Deep sleeper
- Minor illness / Medical Condition
- Bladder too small
- Family history of bedwetting
- Constipation puts pressure on the bladder
- Consult with your child’s pediatrician if you have concerns

Resources

Potty Training Book for Children


Helpful Websites:

- https://www.healthychildren.org/English/ages-stages/toddler/toilet-training/Pages/Bedwetting.aspx
- https://www.healthychildren.org/English/ages-stages/toddler/toilet-training/Pages/default.aspx

Your reaction to your child’s failure sets the tone for the entire process. Remember to keep calm and stay cool.
Signs of Toilet Training Readiness

• Stays dry for longer periods of time
• Gives clues they are urinating or having a bowel movement (ex. stops activity, red face, seeks privacy)
• Recognizes if wet or soiled
• Asks to be changed
• Shows interest about the potty and others’ bathroom habits
• Able to follow simple directions
• Understands bathroom words
• Is able to pull down pants independently
• Makes the connection between the urge to go and using potty
• Able to sit on the potty long enough to go in the potty

Helpful Hints

• Focus on readiness over age
• Let your child take the lead
• Make this a positive experience; avoid any negative reactions to accidents
• Decide on and teach bathroom words; avoid words such as “stinky, nasty, or gross”
• Expect and prepare to handle accidents calmly
• Praise, Praise, Praise when dry or going potty
• Wear clothing that is easy to pull down
• Use a sticker chart or treat to encourage, not to pressure
• Create a potty song, read books, and/or watch videos to introduce potty training
• Use visuals as needed
• Be mindful of opportunities and schedules for potty breaks (before getting in the car, stopping while playing outside, etc.)
• Be aware that success comes at home first before other places

Visual Aid