

Bedwetting And Accidents Aren't Your Fault: The Ultimate Guide to Regaining Control

Bedwetting and accidents can be a source of great embarrassment and frustration. But it's important to remember that you're not alone. In fact, bedwetting is a common problem, affecting up to 15% of children aged 5-7. And accidents can happen to anyone, regardless of age.

The good news is that bedwetting and accidents are usually treatable. With the right approach, you can regain control of your bladder and put an end to the embarrassment and frustration.

There are many different causes of bedwetting and accidents. Some of the most common include:



Bedwetting and Accidents Aren't Your Fault: Why Potty Accidents Happen and How to Make Them Stop

by Suzanne Schlosberg

★★★★☆ 4.6 out of 5

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- **Overactive bladder:** An overactive bladder is a condition in which the bladder muscles contract too often, causing a sudden and urgent need to urinate.
- **Nocturia:** Nocturia is a condition in which a person wakes up multiple times at night to urinate.
- **Urinary tract infection (UTI):** A UTI is a bacterial infection of the urinary tract. UTIs can cause inflammation and irritation, which can lead to bedwetting and accidents.
- **Constipation:** Constipation can put pressure on the bladder, which can lead to bedwetting and accidents.
- **Certain medications:** Some medications, such as diuretics and antidepressants, can increase the production of urine, which can lead to bedwetting and accidents.
- **Psychological factors:** Stress, anxiety, and depression can all contribute to bedwetting and accidents.

The treatment for bedwetting and accidents will depend on the underlying cause. However, there are some general tips that can help to reduce the frequency of bedwetting and accidents, including:

- **Limit fluids before bed:** Drinking too much fluid before bed can increase the likelihood of bedwetting. Avoid drinking fluids for several hours before bedtime.
- **Go to the bathroom before bed:** Make sure to go to the bathroom before you go to bed, even if you don't feel like you need to. This will help to empty your bladder and reduce the risk of bedwetting.

- **Use a waterproof mattress cover:** A waterproof mattress cover will protect your mattress from accidents.
- **Wake up to urinate at night:** If you wake up in the middle of the night with the urge to urinate, get out of bed and go to the bathroom. Don't try to hold it in.
- **Reward yourself for success:** When you have a dry night, reward yourself with something you enjoy. This will help to motivate you to stay dry.

If you have tried these general tips and you are still struggling with bedwetting or accidents, talk to your doctor. There are a variety of medications and therapies that can help to treat bedwetting and accidents.

Bedwetting and accidents can be a frustrating and embarrassing problem, but it's important to remember that you're not alone. With the right approach, you can regain control of your bladder and put an end to the embarrassment and frustration.

If you are struggling with bedwetting or accidents, talk to your doctor. There is help available, and you don't have to suffer in silence.



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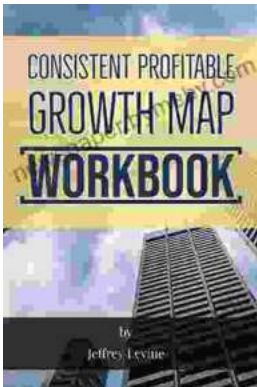
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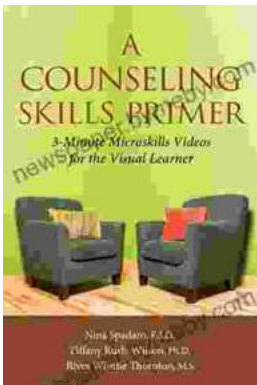
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