

Suggestions for how to address frequent bed wetting:

- Go to bathroom immediately before bed.
- No liquids after 4PM or at least no large quantities.
- Set an alarm for yourselves to get the person out of bed to use the bathroom during the middle of the night (especially if you can figure out about when this is happening).
- To rule out that it is a behavior issue, set up an incentive system to encourage the person to make it through the night without bed wetting. (i.e. if they make it through the night with no bed wetting then a positive reinforcement is provided).
- Rule out any medical issues. Including any medications that might cause bed wetting as a side effect.
- If the problem is a lack of sensation letting the person know they need to go to the bathroom or are actually urinating, a physical therapist or medical provider might be able to help with some exercises to develop more muscle control and awareness.
- Finally, as with all behaviors, can you go back to the beginning and find an antecedent to the onset of the bed wetting? That might provide a clue about how to manage it.