



THE PARENTS' GUIDE

TO ASSIST YOU IN HELPING YOUR CHILD
MANAGE THE ISSUES AROUND NIGHT
AND DAYTIME WETTING



About ONTEX and iD

ONTEX is a leading international producer of smart, high-performance personal hygiene solutions for babies, children, women and adults.

iD is an Ontex brand which specialises in providing a comprehensive assortment of disposable hygiene solutions for all levels of bladder leakage issues.

The brand believes in providing a holistic solution for all, so bladder leakage issues can be managed effectively.

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A letter to parents



Dear parents,

Night and daytime wetting are common issues that children and teenagers face. We understand that you want to help your child, but sometimes issues like these can leave you feeling helpless and frustrated. They may also lead you to vent your frustrations in front of your child.

But remember you and your child are not alone!

Daytime urinary incontinence occurs in about 17–20% of children¹⁻³ with a further 6.6% of those having problems at night as well.² The prevalence of nocturnal enuresis is 8–20% at five years of age.

We created the iD Comfy Junior Parents' Guide to help you understand the problem and the ways in which you and your child can tackle it.

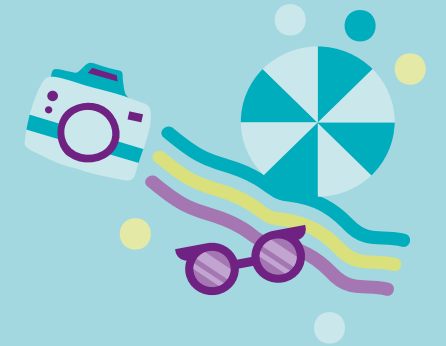
You will find resources that aim to:

- help you better understand wetting issues
- help you find appropriate solutions
- provide tips on focusing on you and your child's wellbeing

We hope you find this helpful and please do not hesitate to reach out to us for further support.

The iD team.

1. Deshpande AV, Craig JC, Smith GH, Caldwell PH. Management of daytime urinary incontinence and lower urinary tract symptoms in children. *J Paediatr Child Health* 2012;48:E44-52.
2. Sureshkumar P, Jones M, Cumming R, Craig J. A population based study of 2,856 school-age children with urinary incontinence. *J Urol* 2009;181:808-16.
3. Chung JM, Lee SD, Kang DI, Kwon DD, Kim KS, Kim SY, et al. Prevalence and associated factors of overactive bladder in Korean children 5-13 years old: a nationwide multicenter study. *Urology* 2009;73:63-7.





NIGHT AND DAYTIME WETTING

WHAT IS IT AND WHAT ARE THE CAUSES?

Normally, our brain and our bladder coordinate with one another to ensure that we have control over when we urinate and when we should not.

However, sometimes children over 4 years of age can involuntarily wet themselves without knowing about it.

Be aware that they do not do it on purpose; there are several factors that can lead to this condition.

An introduction to night and daytime wetting



1. ENURESIS
(night-time wetting)
can be caused by:



Sleep arousal issues:

- **Children who are heavy sleepers** may not be able to get up at night when they have to urinate



Low levels of vasopressin at night:

- **The hormone vasopressin tells the kidneys to make less urine at night.** If a child does not produce enough vasopressin while they are asleep, they make more urine than their bladder can hold



Overactive bladder:

- Some children have overactive bladders that **often “tell” the brain it is necessary to release urine;** they may also have small bladders which means they require more frequent trips to the toilet than other children

2. DAYTIME WETTING

can be caused by:



Physical conditions:

- Issues like constipation or urinary tract infection can also affect bladder control



Not drinking enough water:

- If a child is drinking less water throughout the day then the bladder may not get trained to retain enough urine. Therefore, the urge to go to the bathroom becomes more frequent and uncontrolled



Voluntary holding of urine:

- Some children resist going to the bathroom (e.g. in environments where they feel uncomfortable), even if they feel the urge to go. **Fighting the urge when the bladder is full causes the bladder to “spill”**

Night and daytime wetting can also be caused by psychological stressors

such as issues at school (a new school, bullying issues, etc.)

or at home (new siblings, fights between parents)

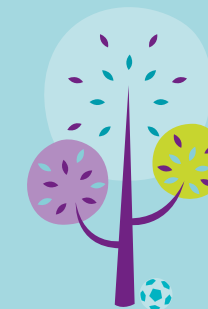


3. PHYSICAL AND INTELLECTUAL/NEURODEVELOPMENTAL DISABILITY



- Physically disabled children **might have problems reaching the toilet**

- Learning disabilities that affect children, like autism and Down syndrome, are just some of the other causes



HOW DOES THIS AFFECT CHILDREN AND YOU AS PARENTS?

It is very important to note that such issues can have deep psychological impacts on your child. It is important to be aware of these effects so you can handle them better and care for yourself and your child.

BULLYING AND TEASING CAN ALSO OCCUR

An increased number of children and teenagers with wetting issues experience reduced confidence and self-esteem¹.

Children suffering from wetting issues might feel the following:



Embarrassment
and isolation



Anxiety
and stress



Low self-esteem
and self-confidence

Be aware of these effects so you can handle them better

A CHILD'S TESTIMONY

"Bedwetting is an embarrassing situation, one that has **always** made me feel ashamed and alone, trapped with a problem I didn't know how to fix on my own."

AS A PARENT, WETTING ISSUES ALSO AFFECT YOU!

We understand that dealing with your child's wetting issues can be stressful at times. Some parents may:

- experience a **loss of confidence** in their parenting skills
- **get frustrated** and angry
- experience feelings of **guilt due to not being able** to help their child

BECAUSE OF SUCH ISSUES SOME PARENTS:

- **limit their child's activities** (school trips or sleepovers at friend's houses, for instance), causing their child to feel more isolated
- **punish their child** even though it is not their fault

1. <http://www.stopbedwetting.org/hcp/what-enuresis/impact-children>



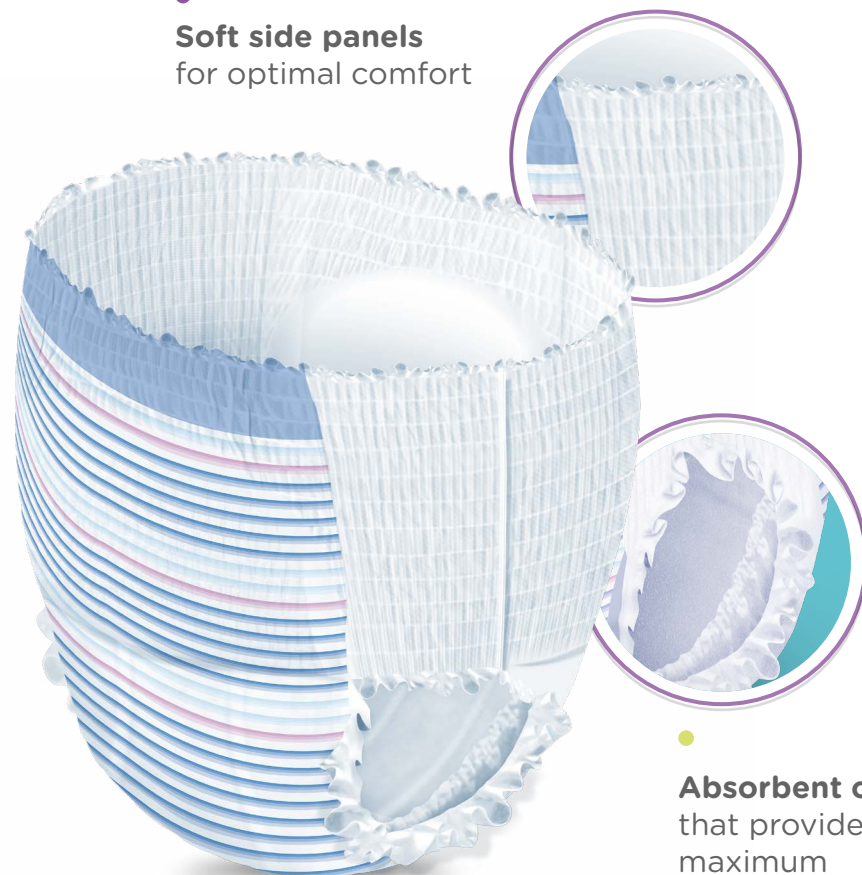
INTRODUCING iD COMFY JUNIOR

A COMPLETE SOLUTION FOR CHILDREN'S NIGHT AND DAYTIME WETTING PROBLEMS

iD has designed Comfy Junior pants which look and feel like real underwear, but provide optimal absorption.

Your child can feel confident as they will no longer be wetting the bed. They will not feel like they are wearing baby diapers because iD Comfy Junior pants look just like real underwear!

Soft side panels
for optimal comfort



Absorbent core
that provides
maximum
absorption

A PRODUCT RANGE THAT GIVES YOUR CHILD CONFIDENCE

iD Comfy Junior believes that children should not feel abnormal due to wearing something that feels medical. iD strives to give children confidence so they can carry on with their normal active lives as soon as possible.

iD Comfy Junior provides:



Comfort

New soft, stretchy & breathable waist for perfect fit



Security

New channeled core for 2x faster absorption*



Discretion & confidence

Keeping the same design in a more underwear-like fit



Always feel confident
thanks to
iD Comfy Junior

* The 4-7 years and 8-11 years references feature a channeled core and claim "2X faster absorption", while the 11-15 years reference also has a channeled core but claims "Ultra Absorption".

A RANGE THAT COVERS different age groups and special needs

The range covers the needs of children in different age groups...



**iD Comfy Junior,
more than just
absorbent
underwear**



Night and daytime wetting can affect your child's confidence. iD wants to provide more than just absorbent underwear, it wants to motivate children to take the next step and overcome the problem.

iD is happy to provide all parents with practical tools, advice and tips to help them provide the best care for their children.





TIPS AND ADVICE FROM iD COMFY JUNIOR

iD Comfy Junior provides **some tips and advice** to help your child manage night and daytime wetting



1. SELF-HELP MEASURES



Drink 6 to 8 glasses of water a day, it helps train the bladder



Regularly go to the toilet (4-7 times a day)



Use bed protection, it will prevent the mattress from getting wet. We recommend Kylie Kids Supreme Mac washable bed pads



2. CHARTS

This will help you to notice habits that may potentially be impacting your child's issues (e.g. not drinking enough water) and to track progress (refer to the chart on the last page).



Wetting incidents



Number of drinks and number of bathroom trips per day



Possible bowel movements

3. ALARMS AND MEDICATION

Should underwear and the above tips not be enough to manage your child's issues, there are other solutions that you can make use of.

Alarm systems

The alarm starts ringing when the child wets the bed. It wakes the child so they can make a quick visit to the toilet

Medication

Some medicines can be taken to regulate the production of urine and to make it more manageable for the bladder. However, we strongly recommend that you speak to your doctor to determine whether such medicines are a viable option for your child

A range of solutions for your child's issues



TIPS AND TRICKS

TO HELP YOUR CHILD HANDLE THEIR WETTING ISSUES AWAY FROM HOME



- **Keep an emergency bag:** a small pouch with a change of clothes, underwear and/or nappies inside. Then the child will always have a back-up solution if they have an accident



- **Help your child find reasons they can give for why they need to visit the toilet frequently.** Give them tips and advice whenever they need it



- **Find teachers, staff and/or some trusted friends you can confide in.** They will be able to provide support and help when the child is away from home.
Parents should make sure they tell their child about this



- **Make sure they are well hydrated throughout the day:** purchasing a reusable water bottle they can carry with them is a good idea



COMMUNICATION IS KEY

Don't forget that talking to your child is a vital step in managing wetting issues.

It can make a big difference in making your child aware that they are not alone and their parents will always be there to help them fight this issue.

IT IS IMPORTANT TO
REMIND YOUR CHILD THAT:

Their wetting **IS NOT THEIR FAULT** and that they are not doing anything wrong

They are not alone in this and that it **IS A PERFECTLY NORMAL ISSUE**

YOU LOVE THEM NO MATTER WHAT



Testimony



"He's more positive and less anxious, but the best thing is how proud he is of staying dry - I don't even mind if he wakes me up in the middle of the night to tell me he's been to the loo!"

Source: <http://www.eric.org.uk/jos-story>



There you have it!

We hope this guide has proved helpful to you. Remember, night and daytime wetting is a common issue that affects more children than you think. iD Comfy Junior is always there to support you.

Take a deep breath and be confident that you can help your child.

The iD Team

WETTING TRACKING CHART

Use this chart to identify possible patterns or causes of wetting issues:

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Did a wetting incident occur today? When?							
Were they small or large patches?							
How many drinks did I have today?							
What types of drinks did I have?							
How many times did I go to the toilet?							
Did I go to the toilet before bed?							
Did anything make me feel anxious or stressed?							

WETTING REWARD CHART

Use this chart to track progress:

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Drink 6-8 cups of water-based liquids each day							
Go to the toilet 4-7 times per day							
Use the toilet as soon as you need to							
Use the toilet before going to bed							
When bedwetting occurs, wake up and use the toilet							
No incidents!							

For more information contact
Customer Service on **1300 788 872**
www.ontexhealthcare.com.au

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