

Bed-wetting

Nocturnal enuresis or "bed wetting" is common among young children. Many children aged between 3 and 5 years or older, suffer from what is described as 'night time dryness' which causes them to pass urine involuntarily during sleep at night or during the day. This may be a sign of nocturnal enuresis which affects the child's self-esteem and social behaviour.

According to Traditional Chinese Medicine practitioners, the causes of nocturnal enuresis include a lack of qi in the kidney, qi deficiency in the lung and spleen, or when the kidney's qi fails to influence the heart.

It is important to identify the precise cause of nocturnal enuresis in the individual child before treating it.

Traditional Chinese Medicine provides many effective treatments for nocturnal enuresis. These include massage, acupuncture and herbal medicines. All are effective and can be administered alone or in conjunction with other methods.

Teaching the child to control his or her bladder movements, or to exercise self-restraint is also important.

The following are useful tips:

- Avoid giving the child too much fluid after dinner;
- Accustom the child to urinating before going to bed;
- Wake the child at fixed times during the night to go to the toilet;
- Avoid making the child stressful or overly tired.