

BEDWETTING AND ACCIDENTS:

Early Intervention is Everything

Doctors often say:

"Don't worry — she'll outgrow it."
"Accidents are normal."

Reality:

Some kids don't outgrow enuresis.
Parents must be proactive.

ACTION ITEMS FOR PARENTS:

1. KNOW

bedwetting and daytime accidents are caused by chronic constipation.

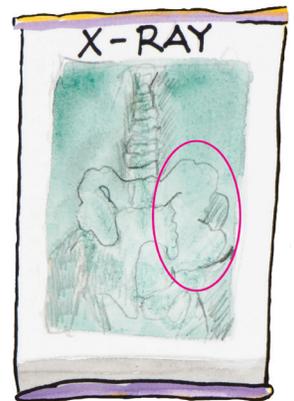
The rectum, stretched by stool build-up, presses against and aggravates the bladder, triggering spasms. Deep sleep, anxiety, hormones, or an "underdeveloped" bladder play no role.



2. CONFIRM

constipation via X-ray and rectal diameter measurement.

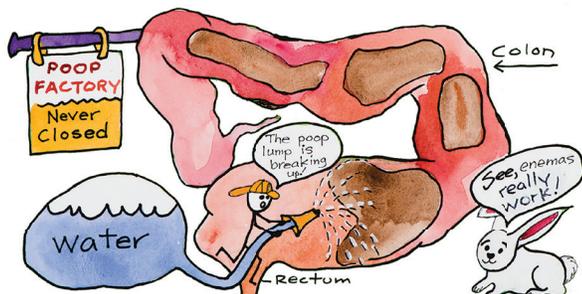
Many constipated kids poop daily, and belly exams are highly unreliable. An X-ray offers proof. A rectum stretched beyond 3 cm indicates chronic constipation.



3. TREAT

constipation aggressively.

Accidents resolve when the stool-impacted rectum is cleaned out daily, shrinks back to size, and stops bothering the bladder.



4. ACT NOW,

not later.

The longer the rectum has been stretched, the longer accidents can take to resolve. Treat bedwetting at age 4 and daytime accidents within a few months of toilet training.