

Beyond Accidents

Accidents happen. As children grow and make the move from diapers and pull-ups to using the bathroom, often those accidents happen at night. Children who wet the bed are experiencing more than the occasional accident. They are experiencing disruption to the very function of their bladder.

This disruption can mean more bedwetting, which in turn can cause the child to have feelings of shame, embarrassment, low self-esteem, and other negative psychological aspects as well as disrupted sleeping.

Bedwetting can impact their ability to socialize through sleepovers. In general, the age of 5 is the age in which most children should attain relatively full bladder control.

A recently published case study described the chiropractic care of an eight-year-old girl who was suffering from persistent and constant bedwetting issues overnight as well as headaches and car sickness. The young girl had never experienced a dry night in her life. Her parents consulted with both the school nurse and her general practitioner, who recommended a bed alarm. After several weeks of use, there was still no change. Both the school nurse and general practitioner suggested that perhaps she would "grow out of it."

Her parents brought her to a pediatric chiropractor who assessed her for subluxation, or irritation in the nervous system. The chiropractor began delivering specific and gentle adjustments meant to improve the adaptability of her nervous system. After a series of adjustments, two dry nights were reported! She also reported no headaches and no car sickness!

Defrancq, K., MChiro, MSc APP (Pediatrics), DC. (2020). Primary monosymptomatic nocturnal enuresis: Can chiropractors handle this? An evidence-based case report. JOURNAL OF CLINICAL CHIROPRACTIC PEDIATRICS, 19(1), 1629-1632.



Loss of bladder control at night can often be attributed to the nervous system being unable to adapt to stresses and stimuli appropriately.



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