



Alexander von Gontard

# Wetting in Children and Adolescents

A Practical Guide for Parents,  
Teachers, and Caregivers

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## Aims of this guide

The aim of this guide is to provide information on the different types of wetting and their causes as well as on how to assess and treat them effectively. The information is intended mainly for parents but may be useful for teachers, educators, caregivers, as well as older children and adolescents. The objective of this guide is to give short and precise advice on the most important forms of wetting that might affect children and adolescents during the day and/or during sleep. This guide provides practical advice, step-by-step instructions, and concrete recommendations on how to achieve dryness. To make it more understandable, everyday terms such as *bedwetting*, *daytime wetting*, and *soiling* are used throughout the book instead of the scientific terms. Please feel free to copy the charts and materials included in the appendix and use them for your child.

This guide was first published in 2004 and received positive feedback from many parents, leading to the publication of a revised edition in 2012. As there are no comparable guidebooks in the English language, the time had come to make this information available for parents all over the world. Due to the many new developments, the book was not just translated but was brought up to date with many innovative aspects. All recommendations are based on current scientific studies and international guidelines. We considered both European and North American practice parameters and specifically followed the recommendations of the International Children's Continence Society (ICCS). The ICCS is a multi-professional, international organization that has set out to standardize the