

Nightmares and Bedwetting: Children and Bedtime Issues

While there are many children that do not have any bedtime issues, there are many children who do. Not every child is able to go to bed at night, and get all of the required sleep they need. The following paragraphs will discuss children and bedtime issues, including bed wetting, nightmares, and inability to fall asleep at night.

Bed Wetting and Children

Bed wetting is one of the most common bedtime issues with children. Boys are most often bed wetters as opposed to girls. Studies have shown that boys wet the bed up to twice as much as girls do. Bed wetting can not only cause stress for your child, but very often it causes embarrassment, as well. You should consult with a doctor if your child's if:

Your child is over the age of 7 and is still bed wetting.

Your child is potty trained then all the sudden starts bed wetting.

Your child tells you they need help.

It is also a good idea to seek professional help if your child's bed wetting is affecting his ability to sleep.

Nightmares

It is common for most children to experience nightmares every once in a while. Nightmares are just one bedtime issue regarding children. They most often occur during light sleep, and will usually awaken your child. They leave children very frightened, and most of the time a child will not want to go back to sleep. There are some actions you can take to help your child with this bedtime issue.

Firstly, you can limit what your child sees on television before bedtime. By eliminating violent shows and movies from your child's viewing, you will be in a sense, preventing a nightmare before it happens. Trying to prevent nightmares in the first place is always a good idea.

Secondly, you should anticipate nightmares, and always be prepared. It is very important for a parent to go to their child if their child is awoken at night by a scary dream. In order to go back to sleep successfully, your child may need your comfort, as well as your support.

Lastly, reassure your child after a bad dream, and remind them that you are always there to be their protector. You should always speak to your child in a calm manner, and always tell them it is safe to go back to sleep. Stay with your child as long as they need you to, but do not let your child get in bed with you. It is very important to make them comfortable in their own bed.

Bedtime can often be stressful, no matter what the issue might be. The most important factor in regular, peaceful sleep is routine. By establishing a set routine, it will help your child develop more consistent sleeping habits, as they will be training themselves when they should be tired. Routines can actually take the stress out of bedtime, and thus eliminate most bedtime issues.

Source: <http://www.articlecircle.com>

About the Author

For more information about children and bed wetting and child nightmares visit <http://parentingclub.info/articles/preparing-your-preschooler-for-bedtime.php>