

WORRIED ABOUT WELL-

Why do children urinate frequently?

Q Dear Doctor,
I have had a chance to spend time with my niece and nephew aged 10 and 7 during the just concluded festive season. During the period of close to three weeks, I noticed that the children urinate frequently. Just wondering, what causes that? Is it normal?

Julia from Gulu

A Dear Julia
That is a very good observation, and yes, frequent urination in children aged 7 and 10 is often normal, but there are also a few situations where it may need attention. Children between 5-12 years can normally urinate 6-10 times a day. During holidays or festive seasons, this number can increase due to increased fluid intake. Particularly, during festivities children often consume more water, juice, soda, or sweet drinks. Eating fruits with high water content such as watermelon may also increase their fluid intake. Cold temperatures cause the body to reduce sweating and push excess fluid out through urine, resulting in more frequent trips to the toilet. Notably, children naturally have smaller bladders than adults, so they empty them more often. However, frequent urination may not be normal if they are experiencing pain or burning when urinating, fever, bedwetting when it was not happening before, excessive thirst, weight loss, passing very small amounts each time, foul-smelling urine, tiredness or weakness. All these symptoms may point to urinary tract infection, diabetes, bladder irritation or constipation. If the children have the above symptoms, it is important you consult a doctor.