

## **GENERAL ADVICE FOR BEDWETTING IN CHILDREN**

1. Don't forget that bedwetting is a common problem affecting 1 in 10 children at the age of 7 years.
2. One of the most important things to check is whether your child is drinking enough during the day. 6 – 8 drinks (around 200mls each) of clear fluids evenly spread through the day are important to make sure bladder capacity is sufficient to hold all the urine made overnight.
3. Lifting your child to go to the toilet while still asleep may not be a good idea as it may be training them to wee while asleep.
4. Waking them to have a wee a couple of hours or so after they have gone to sleep may be sufficient to keep them dry by morning but it's best not to do this for long periods. The bladder needs practice to grow to hold all the overnight wee.
5. Do encourage your child to take control of weeing during the day, especially if they are leaving it to the last minute and are often caught short while playing or in lessons. Planning ahead is a good thing to learn and increase their focus on their bladder that is going to help at night.
6. Try to avoid fizzy, caffeine or blackcurrant drinks.
7. Reduce drinks of any sort in the 2 hour period before bed – but don't let your child go thirsty.
8. Encourage your child to wee twice at bedtime, once before getting ready for bed and again before going to sleep.
9. If your child is in pull-ups, do try them without for a week or so every 3 months – especially if they are becoming drier.
10. If your child is dry for around 50% of nights, reward charts for dry nights can be helpful for short spells. Do not continue if there are no signs of progress.
11. If your child is still frequently wet at night by the age of 7, it is still worth seeing if other forms of treatment will help, such as various medicines or enuresis alarms. Do see your GP/ school nurse to discuss this.