

GENERAL ADVICE FOR DAYTIME WETTING IN CHILDREN

Helpful hints:

- Try to manage at least six drinks (200mls) each day – it helps to improve bladder capacity.
- Try to avoid the possibility of wet pants by going to the toilet on a regular basis. Wherever possible older children should take responsibility for this – it's their bladder after all!!

On school Days go to the toilet:

- On getting out of bed
- Before leaving for school
- After arrival at school if long journey
- At morning break
- Before lunch
- After lunch
- At afternoon break (if there is one)
- Before leaving school to go home
- On returning home (if a long journey)

When at home:

- Go to the toilet at **hourly** intervals
- When dry for a week extend interval for a further 15 minutes increasing until going to the toilet every 2 hours if staying dry.
- A kitchen timer or digital watch timer can be very useful if you have one to set a reminder to go to the toilet.

Remember to fill in the chart at the end of every day so that there is a record of the progress that has been made.