

## **Night-Time Wetting**

Most children under the age of 2 will still be wet at night. Between the ages of 2 and 5, the majority of children will learn to be dry at night. Around 12 % of seven to nine year-olds regularly wet the bed. If you have a child over the age of 5 who is wetting the bed 3 or more times a week, or if your child starts wetting again after being dry for a while you can get advice from the school health team and/or see your GP who can refer you to the nurse led night-time wetting clinic

Wetting can affect a child's self-esteem and have a big impact on family life, but it can be treated. Early intervention can help children to become dryer faster. Bed wetting is not the child's fault. Rewards and praise can be given for following advice such as drinking well but avoid reward and punishment for dry nights because this is not something the child can control.

## **Practical Advice**

Children should drink 6-8 water based drinks spread evenly throughout the day. Each drink should be approximately 200mls, take a 500ml water bottle to school to monitor drinking in school and continue drinking when they get home. The last drink should be one and half hours before bed.

Some drinks are better for the bladder than others. Drinks containing caffeine or artificial sweeteners or fizzy drinks can irritate the bladder.

Children should be encouraged to visit the toilet regularly.

Consider trying without pull- ups if your child is wearing them.

Before bed, ask your child to visit the toilet twice so that they can be sure that they have emptied their bladder before bed.

At night consider leaving a landing light or a side light on in the bedroom to make it as easy as possible for them to visit the toilet.

Avoid 'lifting' your child at night if possible because this does not promote long term night-time dryness.

Constipation can cause wetting. Drinking well, a diet high in fibre, with plenty of fruit and vegetables can help prevent constipation.

## **Day Time Wetting and soiling**

For day time wetting and soiling, contact your GP who may suggest a referral to the Bladder and Bowel Team or a paediatrician.

## **Where to get further advice**

<https://www.eric.org.uk/>

<http://www.bladderandboweluk.co.uk/>

Email the school health team at [Ku19@yourhealthcare.org](mailto:Ku19@yourhealthcare.org)

