**What can I do to help with wetting?**

**Drink more. These drinks should be evenly spaced through the day. Try to have 2 drinks before you leave for school** (see chart below).

This will teach your bladder to hold more and make your kidneys work harder in the day rather than at night.

**Only drink milk or water after tea and NO drinks for 1 hour before bed.**

This will mean your kidneys make less wee at night and not fill your bladder.

**Avoid fizzy drinks, tea, coffee, hot chocolate and blackcurrant.**

As they can irritate the bladder and make you need to wee more often.

**Go to the toilet TWICE before going to sleep, once when you get ready for bed, and once just before you go to sleep.**

This will make sure you have completely emptied your bladder.

**Keep a torch near your bed or a light on in the bathroom**.

This will make it easier to get up for a wee in the night.

**You should not be wearing nappies or pull-ups to bed.**

If you wet the bed then help an adult to change the bedding.

**If you are wet when you wake up don’t forget to have a wash, bath or shower**.

To stay fresh and clean for school so you don’t get teased.

**Avoid constipation**.

As hard poo sitting in the bowel can irritate the bladder and make you wee more often. Drink plenty of fluids and eat a high fibre diet including vegetables, fruits, cereals and take plenty of exercise.

**Finally** - Think positive thoughts before bed such as: “I will be dry tonight“ or “I am the boss of my bladder!” and think of the nice things you can do such as sleepovers and holidays.

**Recommended Fluid Intake (remember milk is not included in the below)**

|  |  |  |
| --- | --- | --- |
| **Age** | **Sex** | **Amount** |
| 4-8 | Male | 1000 – 1400 ml |
|  | Female | 1000 – 1400 ml |
| 9-13 | Male | 1400 – 2300 ml |
|  | Female | 1200 – 2100 ml |
| 14-18 | Male | 2100 – 3200 ml |
|  | Female | 1400 – 2500 ml |

NICE 2010 Nocturnal Enuresis The Management of Bedwetting in Children and Young People (Guideline 111) National Institute for Health and Clinical Excellence. Butler R2007 Cracking the Puzzle of Bedwetting UK Quadrant Design and Print Solution ERIC 2010 Helping Children and Families Who Strive To Overcome Continence Issues Product Catalogue 2010 Education and Resources for Improving Childhood Continence Bristol.