

Night Time Bedwetting

Advice for Parents and Carers

Remember, bedwetting is not anyone's fault. Patience and encouragement will go a long way to resolving the problem for everyone in the family.

Stay calm, be prepared and try not to worry.

Encourage your child to drink throughout the day. It is important they recognise the feeling of a full bladder.

Avoid fizzy drinks and those that contain caffeine such as hot chocolate, tea, coffee and citrus drinks such as orange juice and squash. These can cause bladder irritation and mean that more urine is produced.

Ensure your child's last drink is at least one and a half hours before they go to sleep.

Make sure your child has plenty of fruit, vegetables, cereal and fluids. This will help to avoid constipation which can contribute to bedwetting.

Encourage your child to come out of nappies and 'pull-ups', but do make sure that the mattress and bedding are adequately protected. Children can learn to become dry at night by recognising what it feels like to be wet and therefore wake up to go to the toilet. Nappies and 'pull ups' absorb urine and therefore mask this sensation.

Make sure your child goes to the toilet before going to bed and again before they go to sleep (double wee). For boys, make sure they sit down to do this as sitting down has been proven to relax the bladder and therefore empty more effectively.

Leave a low wattage or bathroom light on at night so your child has easy access to the toilet.

Encourage your child to help with changing the bed and night clothes. It does help if they are actively involved in overcoming the problem.

Make sure your child has a bath or shower each morning to remove the smell of stale urine and avoid the potential for the child to be teased at school.

Drinks and fluid intake

- Good fluid intake is important for your child's health and vital for achieving a healthy bladder.
- Aim for 6-8 drinks a day. Be aware that milk does not count towards the recommended number of drinks.
- Encourage your child to drink water.
- Avoid caffeinated drinks as they stimulate the kidneys to produce more urine and can irritate the bladder.
- Encourage your child to drink adequate amounts throughout the day to encourage the bladder to fill.
- Avoid too many drinks before bedtime.
- In hot weather or during and after exercise fluid intake should be increased.
- Lack of fluids can lead to headaches, lack of concentration and constipation.

The chart below indicates how much your child should drink. A normal cup/glass is approximately 200mls (National Institute for Health and Care Excellence, 2010)

Age (years)	Gender	Total drink intake per day (ml)
4 - 8	Female	1000 - 1400
	Male	1000 - 1400
9 - 13	Female	1200 - 2100
	Male	1400 - 2300
14 - 18	Female	1400 - 2500
	Male	2100 - 3200

More information and advice

Visit our website: berkshirehealthcare.nhs.uk/bedwetting

ERIC, advice from the Children's Bowel and Bladder Charity:

www.eric.org.uk

NHS choices:

www.nhs.uk/Conditions/Bedwetting

