

Daytime wetting Information sheet for parents and carers

Daytime wetting can occur in children and young people who have not yet acquired full bladder control or who tend to postpone going to the toilet. Most commonly this occurs because the signals to empty the bladder are not recognised because of immaturity or because the child or young person is engrossed in what they are doing.

Whatever the cause, there are certain things that can help to control the wetting accidents.

1. Praise the child/young person for correct behaviours and treat accidents in a matter of fact way.
2. Understand the child/young person's toileting habits. You may use a chart to see when they empty their bladder in a day. From this information you can identify the times the child usually needs to empty their bladder and encourage toileting accordingly.
3. Try to establish a regular toileting regime – maybe every 90-120 minutes, or more frequently if required. You may need to take the child or young person at set times initially. Through time physical or verbal prompts can be used. These should be continued for as long as they are required. And the child goes to the toilet spontaneously.
4. Once a routine has been decided, it is important to stick to it and inform other family members/carers of the routine so they can follow it as well.
5. Using the toilet involves lots of different steps. Try to keep to a few regular easy steps and dress the child in clothes they can manage easily.
6. Make sure the child/young person is drinking enough- (at least 6 age appropriate glasses before 6 pm)

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