

Top tips for overcoming Bed wetting

What types of drinks are best?

Water is best, but well diluted fruit juice or diluting juices are OK.

Definitely avoid Caffeine, hot chocolate, fizzy and energy drinks.

Reduce fizzy drinks, red berry juices, blackcurrant, orange, and those with artificial colourings or sweeteners. Some drinks can irritate the bladder and make things worse.

Milk is fine in moderation but we won't count it in your fluid intake calculation.

Your drinks should be spread out evenly throughout the day

- eg. Breakfast-break-lunch-after school, dinnertime . Try to drink a water bottle at school as well as the drinks at these times. Don't drink too much in the evening. Stop drinking about 90 minutes before bed.

Total fluid intake for the day should be

| Age | Sex | Total volume per day |
|-------------|--------|----------------------|
| 4- 8years | Female | 1000-1400mls |
| | Male | 1000-1400mls |
| 9-13 years | Female | 1200-2100mls |
| | Male | 1400-2300mls |
| 14-18 years | Female | 1400-2500mls |
| | Male | 2100-3200mls |

Constipation can impact on wetting. If the bowel is full it can press on the bladder and give it less room to hold the wee.

A good bedtime routine is VITAL.

The last thing you should do before going to sleep is go to the toilet to pass water.

Both boys and girls should sit down to wee. When you've finished- get up , count to 10 and try again- it's amazing how much you can get out the second time.

In bed think **"I WILL BE DRY TONIGHT"**.

Avoid lifting your child overnight. If they are awake during the night then encourage them to use the toilet.

Pull-up's are too good at their job; they provide a portable toilet. Remove if possible.

Star charts and rewards are great for motivation. However reward the behaviour not the result. Ie- for drinking all your water bottle at school; or trying to use the toilet. DO NOT USE for being dry.

Useful websites – www.eric.org.uk

www.bladderandbowel.co.uk

BEDWETTING IS NOT YOUR CHILDS FAULT

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