

# **Daytime Wetting in Children and Young People**

## **Service User Information Leaflet**

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# Daytime Wetting

It is not unusual for younger children to be wet occasionally.

Some children can start to become wet during the day after being reliably dry for some time.

Some children may never have been dry.

It is more common for girls than boys to be wet during the day

In the majority of cases there is no serious underlying disorder.

Daytime wetting is common affecting 1 in 75 children (ERIC.org.uk). Even without help it will usually settle down with time.

## What Causes Daytime Wetting?

Constipation is one of the main causes of childhood wetting accidents. A full bowel can put pressure on the bladder making it feel full more quickly.

Not taking time to allow the bladder to fully empty will mean more trips to the toilet.

Some drinks can make you worse, in particular fizzy drinks, tea or coffee, and some fruit juices.

Bladder infections. Make sure your child is checked for this.

Having an over active bladder. This is when you have a sudden and frequent urge to empty the bladder.

Anxiety or emotional upset can increase the urge to go to the toilet. The same is true with a sudden change in routine such as moving house or a new baby

Children can become so absorbed in an activity that they ignore or don't hear the message that the bladder is full.

# How to Help?

Drink plenty. Aim for 6-8 water based drinks each day. (Use a child sized cup). Avoid caffeine and blackcurrant based drinks as these can irritate the bladder making symptoms worse.

The very young may need encouragement to visit the toilet. Older children may also require prompts of some kind.

Avoid constipation by drinking plenty and eating lots of fruit and vegetables. Laxatives may be needed for a short while. Speak to your GP or Paediatrician about this.

Encourage your child to take their time at the toilet to ensure the bladder is empty.

Stay calm if accidents occur and use a reward chart for achievements.

If the urine is strong and smelly, or if it is painful to empty the bladder, visit the G.P to check for infection.

Make the school aware so that your child can drink enough and visit the toilet promptly. Schools can issue a 'toilet pass' to the child allowing them to leave class to visit the toilet.

## Useful Resources:

[ERIC website](#)

[Bladder and Bowel UK website](#)

[Pelvic Floor Exercises for children/teenagers](#)