

**Gateshead Growing Healthy Service**  
**Advice Sheet for parents and carers for Day/Night time Wetting**

- Encourage your child to drink plenty of water-based drinks spread evenly throughout the day. Aim for 6 – 7 per day and remember a water bottle for school.
- Avoid fizzy drinks, blackcurrant juices and drinks containing caffeine like tea, coffee, hot chocolate.
- Have a good toilet routine at home aiming to increase visits to the toilet, do not ask your child if they need the toilet actively take them for toilet time. The bladder is a muscle and needs to be exercised.
- Establish a good bedtime routine. Help your child to brush teeth, empty bladder, read a story, get out of bed, and wee again. This helps to fully empty the bladder before they go to sleep.
- Try not to leave a light on in the hall or bathroom. A night light would be adequate.
- Make sure the bed and mattress are adequately protected.
- DO NOT lift your child during the night to go to the toilet the child is never fully awake, and this encourages children to pass urine when they are asleep
- If your child wakes at night take him or her to the toilet.
- Try to motivate your child by giving lots of praise each day. You may want to use stickers and charts and encourage them to complete these with your help.
- Check that your child has no additional medical conditions e.g. constipation as this may cause increased wetting. If you think that your child may be constipated, see your GP
- If you are concerned about daytime wetting for your child (e.g. increased frequency, urgency or stronger smelling/coloured wee), it is recommended that your child is seen by their GP for further advice.
- Remember to stay calm. Bedwetting is not your child's fault or your fault. Approximately 1 in 30 children wet the bed at least once a week, reducing to 1 in 100 at the age of 18. Remember that your child is still very young.
- Talk with your child to ensure that they don't have any worries at school or at home.

Further information can be obtained from

[www.eric.org.uk](http://www.eric.org.uk)

[www.nhs.uk](http://www.nhs.uk)

[FACEBOOK PAGE INFO](#)

**Waterproof bed protection**

There are a wide variety of places including supermarkets and lots of sites on the intranet for buying waterproof bed protection. To see the range of products available please put "waterproof bed protection" into the search bar