



#bedwetting  
#publichealth5-19service



# BEDWETTING FACTSHEET

This factsheet will provide you with very helpful tips and links to websites on bedwetting to help your child become dry.

## TOP TIPS ABOUT BEDWETTING:

Bedwetting is a common problem in children and occurs in both girls and boys. The most important points to emphasise is that it is not your child's fault and they are not alone as there will be other children who still wet their beds (16% of children at age 5).

**Tip 1:** Ensure your child has at least 6-8 drinks spread throughout the day (approximately 1000-1400 mls), the bladder is a muscle and needs to learn to stretch to improve how much the bladder can hold.

**Tip 2:** Do not restrict fluids, aim for 5 drinks by 5pm and avoid any drinks an hour before bed.

**Tip 3:** Avoid fizzy drinks, blackcurrant juice and drinks that contain caffeine as they tend to make your child pass urine more often.

**Tip 4:** Ensure your child goes to the toilet regularly throughout the day.

**Tip 5:** Before your child goes to sleep ask them to go to the toilet, pass urine, then count to 30 and try to pass urine again to ensure their bladder is completely empty. Do not lift them at night.

**Tip 6:** Keep a light or night light on in case your child is afraid of the dark or not willing to go to the toilet.

**Tip 7:** Ensure you have protective covers on your child's mattress, duvet and pillow.

**Tip 8:** Children who are constipated are more likely to wet the bed so ensure your child has plenty of fruit and vegetables.

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## VISIT THESE USEFUL WEBSITES

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

Education and resources for improving childhood continence

[www.urinecontrol.co.uk](http://www.urinecontrol.co.uk)

Stop Bedwetting website

<http://www.bladderandboweluk.co.uk/children-young-people/>

Bladder and Bowel UK (formerly PromoCon) offers advice and information on all bladder and bowel issues in children and young people, including those with additional needs

[www.nhs.uk/conditions/bedwetting/pages/introduction.aspx](http://www.nhs.uk/conditions/bedwetting/pages/introduction.aspx)

NHS Choices web page for more information regarding bedwetting