

# STOP BEDWETTING

AN ONLINE RESOURCE FOR PARENTS AND CHILDREN



## Common Do's and Don'ts

### Do's

- Encourage your child to drink normally throughout the day. It is important that they recognise the feeling of a full bladder.
- Try to keep an eye on what your child drinks to see if any type of drink makes them produce more urine at night. They can then try stopping drinking it to see if it helps.
- Ensure that your child has plenty of fruit, vegetables, cereal and fluids. This will help to avoid constipation which can contribute to bedwetting.
- Ensure that your child goes to the toilet before going to bed.
- Leave the light on at night to ensure that your child has easy access to the toilet.
- Make sure that the mattress and bed are adequately protected.
- Allow your child to help with changing the bed and night clothes. It does help if they are actively involved in overcoming the problem.
- Make sure that your child has a bath or shower each morning. This removes the smell of stale urine and helps them feel more comfortable at school.
- Stay calm, be prepared and try not to worry.
- Remember, bedwetting is neither the child's fault nor the parents. Patience, love and encouragement will go a long way to resolving the problem for everyone in the family.
- Encourage your child to come out of nappies, but do make sure that the mattress and bedding are protected.

### Don'ts

- Do not get cross with your child, it's not their fault.
- Do not use waking the child as a long-term strategy to overcome bedwetting.