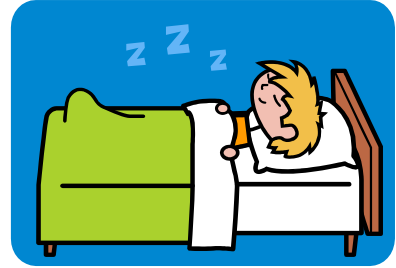


## Bed Wetting (Enuresis)

1. Don't worry – bed wetting is a common problem. 20% of boys and 15% of girls wet the bed at age five. It is not their fault or yours.
2. Reassure your child and praise them for doing each action below that helps to reduce bedwetting.



3. Make sure your child drinks six to seven full glasses of fluid during the day to allow the bladder to stretch.
4. Their last drink should be no later than one hour before they go to bed. This last drink should either be milk, water or very dilute fruit juice. Do not let them drink tea, coffee, cocoa or fizzy drinks as these increase urine production.
5. Make sure your child is not constipated. Give them plenty of fruit, vegetables and cereals. See your GP if you feel your child may be constipated.
6. Make sure your child goes to the toilet before they go to bed and again if they don't go to sleep straight away.
7. Getting your child up during the night is not encouraged, but if you do, make sure you vary the time and they are fully awake.



**If you need further guidance contact your school nurse.**

**If your child is still wet after trying the above, your school nurse will be able to offer assessment, support and treatment. Simply ring them to arrange an appointment.**

*Useful contact information:*

**ERIC**, The Enuresis resource and Information Centre, 36 Old School House, Britannia Road, Kingswood, Bristol, BS15 8DB.

Helpline            0845 370 8008 (Mon-Fri 10-4pm)

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

*Reference:*

Butler R (2002) *Nocturnal Enuresis Resource Pack*. Bristol: The Enuresis Resource and Information Centre