Parent Pack – Night-time bed wetting

1. Please do not reduce fluids, you should ensure your child hydrates throughout the day, taking drinks at regular intervals.
2. Avoid drinks 1-2 hours before bed.
3. Avoid drinks that can irritate the bladder such as tea, hot chocolate and drinks containing blackcurrants.
4. Avoid foods later in the day that can act as a diuretic such as cucumber and watermelon.
5. Encourage toileting before bed. Remember to remind them of the importance of a good hygiene routine- Wiping/flushing and washing of hands.
6. Ensure a good bedtime routine is set and is consistent.
7. Consider the use of a night light, your child may be scared or anxious about leaving their bed to toilet in the dark, a mobile night light that can be taken to the bathroom with them can be useful.
8. Lots of praise and encouragement for dry nights.
9. Give your child time, night-time bladder control takes longer to develop.
10. If you have any concerns or notice changes

Useful resources: <https://www.eric.org.uk>

East Team School Health **01925 946803**

South Team School Health **01925 946505**

West Team School Health **01925 946911**

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