

# ADVICE FOR PARENTS ABOUT BED-WETTING

## A FEW THINGS TO KEEP IN MIND...

- It is common for young children to wet the bed (2 to 12 years old).
- Stress or sudden unexpected changes to daily routine can mean that some children (who may have previously been dry at night) start bed-wetting again. It is important to help children talk about their stress.
- Some children's bodies continue to make urine throughout the night and their bladders cannot hold it. Their brain is not yet able to send the right messages to the bladder to reduce their urine production at night.
- Children do not choose to wet the bed.
- Children can be confused and sad about not being able to stay dry at night. Children want to stay dry.
- They can feel ashamed, embarrassed and sad.
- Children can become nervous and worried about going to bed and they find it difficult to settle to sleep at night.



## PARENTS...

- Be reassuring and kind.
- Try to imagine what your child might be feeling.
- Be patient. Say...“It’s OK”
- It is not their fault. They need your help.
- Do NOT get angry at your child for wetting the bed.
- Look at ways to manage the condition without upsetting your child.
- Keep your doctor informed.



## WAYS TO HELP MANAGE: SET A CONSISTENT NIGHT-TIME ROUTINE...



**Go to bed at the same time each night**



**Use specialised bedding (Most bedding shops have protective sheets and half sheets for easy removal in the night)**

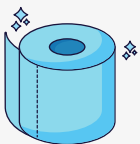


**Have extra pajamas ready for a night-time change Some children use pulls-ups**



**Drink normally throughout the day but limit drinks after dinner time.**

**No more drinks for the 2 hours before bed-time.**



**Go to the toilet at bedtime**



**Regularly wash sheets and bedding**



**Children should shower in the morning before school**



**Some children respond well to being gently woken in the night about 3 hours after falling asleep and guided to the toilet**

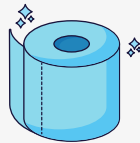


## NIGHTTIME ROUTINE: PLACE TICK, STICKER OR SMILEY FACE IN EACH STEP OF ROUTINE

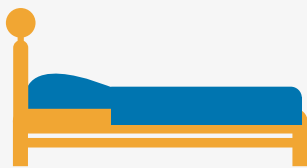
**No more drinks after 6pm**



**8:30pm: Toilet before bed**



**8:30pm: Same bed time every  
night**



**11:30pm: Wake 3  
hours after sleep and go to toilet.**

