

10 Steps to Developing Bladder Control

Day-Time:

1. Increase fluid intake (about 6 to 7 drinks a day)
2. Use the toilet for a wee regularly (about every 2 hours)

90 minutes before bed:

3. **No** “brown” drinks such as coffee, tea, cocoa, cola, irn-bru

Just before sleep:

4. Try emptying your bladder
5. Switch off any lights or T.V.
6. Make sure you are warm enough in bed
7. Think to yourself “I’ll be dry tonight” or “I’ll wake up for a week if I need one”

At night-time:

8. **No** lifting or waking the child to toilet
9. If you wake up, really try to get up and use the toilet (have a torch to hand if the toilet is difficult to get to)

After any dry nights:

10. Make a note as to whether **you woke to toilet** in the night or **slept through**

Helpful Hints for Parents and Children

- Encourage good fluid intake throughout the day. It is important to recognise the feeling of a full bladder.
- Avoid fizzy drinks at bedtime and drinks which contain caffeine, such as tea, coffee and chocolate. These can cause more urine to be produced.
- Encourage healthy eating, ensuring the child eats plenty fruit, vegetables, cereals and fluids. This will avoid constipation, which can contribute to bedwetting.
- Ensure that the child goes to the toilet before going to bed.
- Make sure a light is left on at night to ensure that the child has easy access to the toilet.
- Make sure that parents are aware of mattress protection and where to obtain this.
- Encourage the child to actively participate in changing the bed and nightclothes. This can help to overcome the problem.
- Discuss hygiene with child and parents/carers. Make sure the child has a bath or shower daily. This removes the smell of stale urine and avoids the child being teased and tormented in school.
- Advise parents to stay calm and try not to worry. Bedwetting is neither the child or parents fault. Patience, love and encouragement go a long way to resolving the problem for everyone in the family.
- Encourage the parents to take their child out of nappies; ensuring the mattress and bedding are protected.
- Do not use waking the child as long-term strategy for overcoming bedwetting.