

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.
- Be careful about fizzy drinks at bedtime and drinks which contain caffeine, such as tea, coffee and chocolate. These can cause more urine to be produced.
- 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 avoids them being teased and tormented 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.