

Night time Wetting Self-help measures

- Have 6 to 8 full drinks (200mls) spread throughout the day to fully stretch the bladder
- Aim for 3 to 4 of these during the school day
- Last drink 1 hour before bed



- Relax when doing a wee
- Do a second wee at bedtime



- Have a light on in case the child is afraid of the dark
- Do not wake to take to the toilet as this will not promote long term dryness



Avoid 5pm onwards



- Tea
- Coffee
- Hot Chocolate
- Blackcurrant/Summer fruits
- Orange Juice
- Citrus juice and squash
- Milk
- Fizzy drinks

Try to only drink:

Water, apple, mango, peach and pear type drinks

- Eat plenty of fruit and vegetables to help prevent constipation
- Avoid foods high in salt and protein 2 hours before bedtime



- Have a trial without pull ups
- Use protective covers on the mattress, duvet and pillow case



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