

Parent Pack –Daytime wetting

Daytime wetting is not unusual in younger children. It can often be due to distraction for example too busy engaged in play or school routines. Sometimes they simply hold it for too long and simply forget until it is too late. This can become a habit and can be broken with gentle reminders, prompts and maturity.

What you can do to help

1. Ensure they are drinking enough fluid during the day. 6-8 glasses per day. Drinks should be taken throughout the day.
2. Avoid drinks that can irritate the bladder such as Caffeine such as cola, energy drinks, coffee, tea, drinks containing blackcurrants.
3. Remind and prompt frequent toilet visits.
4. Consider the use of a reward chart
5. Speak to school to ensure your child can access toilets freely.
6. Make sure that your child understands that they need to try and empty their bladder fully each time they go to the toilet. Encourage them to count to 20 then try to wee again.
7. Encourage your child to relax, this allows the brain to communicate with the required muscles. Try the following tips:
 - Sit the right way – Place feet flat on the floor, a box or stool, knees above hips.
 - Secure sitting position – your child might need a children's toilet seat.
 - RELAX to let the wee out. So, keep toys, games and books beside the toilet.
 - Take your time.
 - Encourage boys to sit too, it's much easier to relax sitting down, and it helps the bladder to empty as much wee out as possible.
8. Consider if your child may be suffering from constipation. If this is the case, it would mean that the space where the bladder needs to expand, and fill is occupied by the full bowel.

Constipation can cause

- Frequent, small wees.
- Urgency (having to rush to the toilet).
- Daytime wetting.
- Night-time wetting.
- Risk of Urinary Tract Infection (UTI)

Poo should always be soft and easy to pass.
Children should poo between 3 times a day and 4 times a week.
Big poos, swollen tummy and soiled pants all suggest constipation

9. Consider if your child may have a urinary tract infection **(UTI)**

UTI's can cause:

- Frequent, small wees.
- Urgency (having to rush to the toilet).
- Daytime wetting.
- Night-time wetting.

Wee should not be smelly and /or cloudy and should not cause discomfort or a stinging sensation when being passed. A GP can test for UTI.

Children usually need to wee 4 – 7 times a day. Postponing wees is bad for the bladder – so is weeing too often!

Useful information

www.eric.org.uk

<https://www.bbuk.org.uk/children-young-people/>

For further support please contact us on :

East Team School Health **01925 946803**
South Team School Health **01925 946505**
West Team School Health **01925 946911**