



Day and night wetting

Advice sheet for parents and carers



Accessible Information

Key points



This information is to help parents and carers of children who wet themselves.

This information is to help parents and carers when their children are regularly wetting themselves.

- Aim for your child to drink six cups of fluid throughout the day.
- Water, milk and apple juice are the best drinks to have.
- Avoid giving your child blackcurrant and fizzy drinks.
- Avoid giving your child tea, coffee and chocolate before bedtime.
- Try to get your child to aim for a daily poo. This will help avoid constipation.
- Make sure your child has a wee before going to sleep.
- Stop using nappies/pull ups at night.
- If your child is wetting themselves during the day make sure they do a wee regularly and does not hold on.
- Make sure your child's urine is tested at your GP surgery.
- Contact your school nurse for further help or referral to the children's continence clinic.

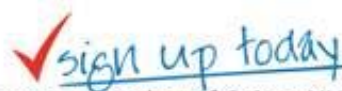
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