

TOP TIPS FOR BLADDER CONTROL

Make sure you go to the toilet every few hours. Establish a good daytime toileting routine even if there is no desire to go.



- * On waking
- * Before School
- * Morning Break
- * Lunchtime
- * Home time/2nd break
- * Teatime/Dinnertime
- * Before bed

This has been shown to be effective in developing better bladder control. It means your child plans to pass urine rather than waiting for bladder signals. It helps them to focus on their bladder.

Increase drinks throughout the day



- * Drink at least 6-8 good size drinks per day
- * Do not restrict drinks
- * Take a water bottle to school and drink it all before you come home
- * Avoid fizzy drinks and dark drinks (cola, blackcurrant, Tea, Coffee and hot chocolate)

The bladder needs to fill and empty regularly in order to function well. Some drinks can irritate the bladder.

Before Bed



- * Have your last drink about 90 minutes before you go to bed
- * Empty your bladder completely before sleep. Remember to do a double wee:
Toilet, Teeth, Toilet
- * If you wear pull ups to bed, try to stop using them

These are designed in such a way that your child is not aware that they are wet. They are not able to experience the sensation of wetting and being uncomfortable, so may not have the incentive for being dry.

During the night



- * If you wake during the night, try and use the toilet
- * Do not lift or wake your child to toilet

Whilst it may appear logical to lift, it may actually prolong bedwetting because voiding is being encouraged, even though your child is not fully awake. Even if your child is fully woken up, the bladder is unlikely to be full, therefore denying your child the chance to experience a full bladder and learn to wake to the signals.

Be Positive



- * Encourage your child
- * Focus on what is possible
- * Set small realistic goals
- * Praise success