Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

School children who are bedwetting

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School Children Who Are Bedwetting

Patient and Carer Information

School Nursing Team

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How much fluid should my child drink during the day?

Ensuring your child gets the right amount to drink each day is important, as drinking too little or in excess can contribute to bedwetting.

The amount of fluid your child needs can vary depending on how physically active they are and their diet. The general daily fluid intake recommendation for children aged four to eight is:

- 1000 to 1400 millilitres (1.7 to 2.4 pints) - approximately six to eight cups a day.

You should encourage your child to go to the toilet regularly during the daytime (approximately every one and a half, to two hours).

How can I help my child at bedtime?

Avoid giving your child drinks that contain caffeine as these can increase the need to use the toilet at night.

- Avoid tea, coffee, hot chocolate, fizzy drinks and blackcurrant juice; water is the best drink.

- Give your child a small drink one hour before bedtime.

- Ensure that your child has easy access to the bathroom / toilet at night.
- Try your child without nappies or pull-ups at night for a few nights every three to six months
- Use protective covers on your child's mattress, duvet and pillowcases.

Can constipation lead to bedwetting?

Constipation can lead to bedtime wetting. This is because your child’s full bowel can press on their bladder leaving less room to store their urine.

The following signs could indicate that your child may be constipated:

- Your child is having their bowels opened less than four times a week.
- Your child’s poo is hard, or they strain when opening their bowels.
- Your child is soiling their underwear.

How can I stop my child becoming constipated?

To help stop your child becoming constipated you should:

- Encourage your child to eat a varied healthy diet.
- Increase your child’s fluid intake. Constipation needs to be treated. You should contact your child’s GP if you are concerned or if the above measures do not help.

Should I offer rewards?

Bedwetting is something your child cannot control so rewards should not be based on whether

they wet the bed or not.

Instead, you may want to give your child rewards for sticking to their recommended fluid intake and remembering to go to the toilet before going to bed.

Secondary Wetting

If a child has been dry previously and begins to wet again, this can be a sign of infection, and the child should be assessed by a General Practitioner (GP).

Who should I contact for further advice?

Please contact the school nurse or your child's GP if your child is still bedwetting at the age of five years - earlier if there are daytime bladder problems - or if further support is required.

The School Nurse Service can be contacted Monday to Friday on **0300 707 1091**

Useful information

Education and Resources for Improving Childhood Continence (ERIC) - a national charity that supports children with continence problems and campaigns for better childhood continence care.

https://www.eric.org.uk/

Free Helpline telephone number: Mon-Thu 10-2pm 0808 169 9949

Bladder and Bowel UK https://www.bbuk.org.uk/



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