

## Contact details

Please call the One Stop team on  
0300 222 5755 option 2

[www.sabpsecure.simplifyhealth.co.uk](http://www.sabpsecure.simplifyhealth.co.uk)

## How this service works

You will be offered help over the phone and, if required, you will be asked to see your GP and your child's name put on the waiting list for clinic appointment.

In the meantime, we will continue to support you over the phone. A useful website to refer to for information is [www.eric.org.uk](http://www.eric.org.uk)

Once you have an appointment, you will be seen in clinic regularly for up to six months, and then re-assessed.

## Need to contact the service?

Please see the Contact details section of this leaflet.

## Your experiences

Children and Family Health Surrey is committed to putting people first and continually improving services through listening and responding to feedback.

To share your experiences, please:

Call **01306 646 223**

Email **[CSH.patientexperience@nhs.net](mailto:CSH.patientexperience@nhs.net)**

Or write to the Quality and Governance Team address below:

Quality and Governance Team,  
Leatherhead Hospital, Poplar Road,  
Leatherhead, Surrey KT22 8SD

## Large print, audio format or another language

Call **01306 646 223**

or email **[ask.cfhs@nhs.net](mailto:ask.cfhs@nhs.net)**

to receive this information in large print, audio format or another language.

## General enquiries

Visit **[www.childrenshealthsurrey.nhs.uk](http://www.childrenshealthsurrey.nhs.uk)** or email **[ask.cfhs@nhs.net](mailto:ask.cfhs@nhs.net)** for information and contact details for all other Children and Family Health Surrey Services.

Surrey Healthy Children and Families LLP  
Company registered number OC415159

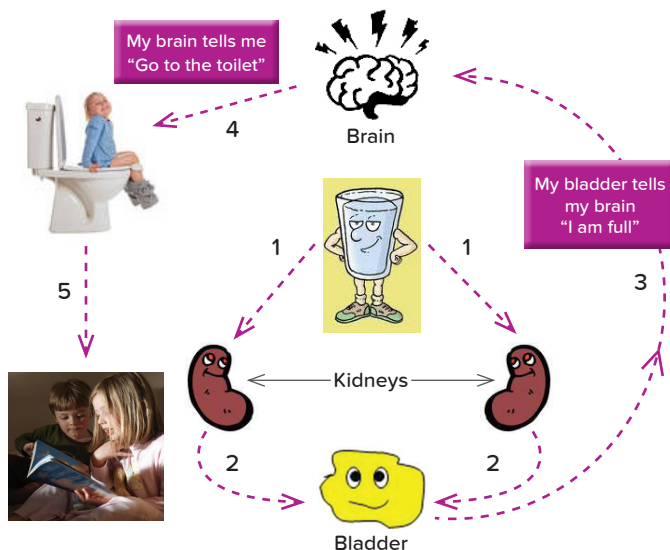
# Be 'The Boss' of your bladder

## Overcoming bedwetting

Information for children, parents,  
carers and relatives



## Be 'The Boss' of your bladder!



**Bed wetting is very common in children under the age of 7 years.**

- 1 in 5 children at the age of 5 years are still wet
- 1 in 7 children at the age of 7 years are still wet

While this can be stressful and embarrassing for children and their families, there is plenty of support available.

**Children – Handy tips to remember to be 'The Boss'!**

- Go for a wee regularly (about six times a day)
- Try and relax when having a wee
- Make sure you wee before going to sleep
- The more you drink the more your bladder is trained to hold.

**To help your bladder hold more wee, it is important that you:**

- Have regular drinks (6-8 x 200ml cups) throughout the day to help your bladder learn how to hold larger amounts of wee. Your child's teacher can support you with this during term time.
- Drink whole cups NOT sips as this will help to stretch your bladder
- Experiment with avoiding certain drinks such as blackcurrant juice, fizzy drinks or milk drinks especially before bed.
- Water is best.
- Keep having drinks up until 1 ½ hours before bed
- During the final 1-2 hours before bed it is okay to have a sip of water to drink, if needed.

## 'The Boss' checklist for

My targets		Tick the chart each time you drink a whole cup during the day.						
		8am	10am	12pm	2pm	4pm	6pm	
Am I drinking enough through the day? It could be juice, water or milk. My target is between 5-7 200ml sized glasses a day.								
<b>Recommended fluid intake per day *</b>		<b>Well done if you have drunk 5-7 cups in a day!</b> 						
Boys and Girls 4-8 yrs	1000-1400ml							
Girls 9-13 yrs	1200-2100ml							
Boys 9-13 yrs	1400-2300ml							
Female 14-18 yrs	1400-2500ml							
Male 14-18 yrs	2100 -3200ml							
<b>Have I been for a wee before I go to sleep?</b> <b>Tick every time you remember.</b>								
		Mon						
		Tue						
		Wed						
		Thu						
		Fri						
		Sat						
		Sun						

**Parents – Helpful pointers**

- Is there a regular pattern to the wet nights and if so, is there something you can implement to change the cycle?
- If you want to reward your child, reward changes they can make such as increased drinking in the day and going to the toilet before going to sleep. The reward only needs to be small.
- Talk to your child about making it easier to go to the toilet at night. For example, if your child doesn't like getting up at night because it's too dark, consider using a 'special' torch / light.
- If your child is in a bunk bed or has to go up or down stairs to the toilet, can you change where they sleep for a short while?
- Try and avoid lifting children to the toilet when they are not fully awake and therefore not the 'boss of their bladder'. This leads to their bladder learning to empty when not full which is not the outcome we are looking for.

- If you do use lifting on special occasions, for example, while away on holiday, make sure you wake them at different times each night.
- It may help to stop using pull ups at night; this allows the child to recognise that they are wet and prompt them to use the toilet. Remember to use protective covers for the bed.
- Constipation can contribute to bed wetting so ensure your child has plenty of fruit and vegetables.

**Remember bed wetting is not the child's fault**

