**What can you do to help?**

Help your child to….

* Drink plenty spread through the day.
* Have a last drink 1 hour before bed.
* Avoid tea, coffee, chocolate, fizzy drinks, and blackcurrant.
* Have regular wee’s in the day.
* Have 2 wee’s before bed.

Give positive praise for these things.

**What not to do.**

Don’t ‘lift’ your child and put them on the toilet when they are sleepy. They should be fully awake when they use the toilet.

Many children under the age of 5 wet the bed. If your child is still wet at night after the age of 5, it is time to get help.

**Improving bedwetting – we are here to help.**

Every child is different. If you would like help with a child’s bedwetting, contact your school nursing team or GP.

Email: dchst.derbyshireschoolnurses@nhs.net

Telephone:01246 515100

Website: [www.derbyshirefamilyhealthservice.nhs.uk](https://derbyshirefamilyhealthservice.nhs.uk/)

**How common is it? When to get help.**

Bedwetting is common and often runs in families. It affects 16% of 5-year-olds, 9% of 9-year-olds and 2% of 15-year-olds.

Bedwetting is not your child’s fault. If your child is still wet at night after the age of 5, it is time to get help.

**How much should a child be drinking in a day?**

4 - 8 years old, 1000 – 1400ml.

9 – 13 years old girls

1200 – 2100ml

9 – 13 years old boys

1400 – 2300ml.

Bedwetting.

**School nurses’ top tips**