

Nocturnal Enuresis Strategies

“The Do’s & Don’ts”

You may think that your child needs to drink less to prevent them from wetting the bed, however, it is in fact the opposite. The more your child drinks, the more their bladder will stretch and become stronger. It will also get used to the feeling of being full and be able to hold more urine throughout the night.

Constipation can also contribute to the amount a bladder can hold, if you think your child may be constipated ensure they are seen by your GP

This table shows how much a child should drink in a day depending on their age, children should drink normally throughout the day and fluids should only be limited 1 hour before bed.

Age (years)	Male	Female
4-8	1000-1400ml	1000-1400ml
9-13	1400-2300ml	1200-2100ml
14-18	2100-3200ml	1400-2500ml

There are certain food and drinks that can irritate the bladder and contribute towards bedwetting, these are shown below, and we recommend avoiding them.

Fizzy drinks

Blackcurrant

Caffeinated drinks (tea, coffee & hot chocolate)

Tomatoes and Citrus fruits

Ensure your child visits the toilet before bed, we also recommend removing any nappies/pull ups, ensure you have good protection for your child’s mattress instead.

Allow your child to help change the bed and their night clothes. Active involvement can help overcome the problem.

Ensure your child has a shower/bath each morning to remove the smell of urine.

Stay calm and try not to worry

Don’t get cross with your child, it’s not their fault

Don’t use waking the child in the night as a long-term strategy. This can train the body into thinking it can wee whilst asleep