

Nocturnal Enuresis Strategies for Children Under The Age Of 5

Our enuresis service accepts children from aged 5, this is because it is normal and quite common for children under 5 to still wet the bed at night.

However, there are some strategies that can help, which we have outlined below:

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

A child aged between 4-8years should drink between 1100ml-1300ml of fluids per day, this only needs to be limited for 1 hour before they go to bed.

Ensure your child visits the toilet before bed, we also recommend removing any nappies/pull ups.

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

Once your child turns 5, if you have followed the above advice and there has been no improvement, you can access your local school nursing team via

[School Nursing :: Northern Care Alliance](#)