

# Toileting

0 to 19  
TORBAY  
for you

## Night-time wetting

1 in 15 seven-year-olds and 1 in 75 teenagers suffer from bedwetting.

Bedwetting can run in the family. If a parent wet the bed as a child, there is a 40% chance of their child wetting. If two parents wet the bed this increases to 70%.

Constipation can affect bedwetting, as the hard poo in the bowel presses on the bladder.



## What to do

- ✓ Make sure the child drinks plenty of fluids (water is best) and spread out drinking evenly throughout the day. See the guidance opposite.
- ✓ Encourage regular visits to the toilet to empty the bladder.
- ✓ Have their last drink an hour before bed.
- ✓ Have the child wee just before they clean their teeth and try again before they go to sleep.
- ✓ Remove pull-ups and nappies. Don't lift the child at night.
- ✓ Check for constipation.
- ✓ Praise and reward drinking well and going to the toilet before bed, NOT dry nights, as this is beyond the child's control.



## Guidance

### Recommended Daily Fluid Intake for Children:

Age range (years)	Female intake	Male intake
4-8	1000 - 1400ml	1000 - 1400ml
9-13	1200 - 2100ml	1400 - 2300ml
14-18	1400 - 2500ml	2000 - 3200ml

Source: 'Constipation in children and young people: diagnosis and management' Clinical guideline [CG99] - May 2010 - National Institute for Health and Care Excellence (NICE).

For more information about toileting, visit [eric](https://eric.org.uk), The Children's Bowel & Bladder Charity [eric.org.uk](https://eric.org.uk)