



School nurses' top tips

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.

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.

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.

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