

# DAY TIME WETTING

Children differ in how long they take to become fully toilet trained and if one child takes longer than another it's not a reflection on parenting skills.

In young children (4 to 5 years), the problem might be linked to change in routine, such as moving house or a new baby in the family, or becoming engrossed in play or other activity.

Constipation can cause pressure on the bladder and the sensation to use the toilet is much more frequent.

Some drinks can have an adverse effect on the bladder e.g. fizzy drinks, cola, tea and coffee. If you think your child has an urge to use the toilet soon after a particular drink, try changing what they drink to see if this makes a difference.

Urinary Tract Infections (UTI) are often accompanied by a regular urge to wee and a stinging sensation. A routine urine test at your GP surgery will rule out a UTI.

Sometimes a bladder holds less urine than it should (small bladder capacity). Encouraging your child to drink regularly throughout the day can help to ensure that the bladder is able to hold as much urine as it should.

An over active bladder causes a sudden and frequent urge to empty the bladder and there will often be a need to use the toilet with little warning.

Some children use the toilet in a hurry and don't always completely empty the bladder, leaving a little urine behind which can leak out. Encourage your child to sit on the toilet a few moments longer to ensure the bladder has been completely emptied.

Anxiety and emotional upset can cause an urge to go to the toilet much more frequent than usual. This is usually resolved when the upset has settled down.

## How Can Parents Help:

- Make sure your child drinks 6 to 8 glasses of water based drinks spread throughout the day. (With at least 2 to 3 during school time).
- Continue to give your child prompts, encouragement and simple rewards until your child is using the toilet or potty independently.
- Constipation can be avoided with a balanced diet which includes cereals, fruit and vegetables.
- A vibrating watch is ideal for children who need prompt or regular timed cues to use the toilet.
- Check that your child's school allows easy access to drinking water and to the toilet.
- Stay calm and relaxed and respond in a matter of a fact way if accidents occur.
- Work on making toilet time's fun and rewarding, eg colourful pictures in the bathroom, or introduce activities they can enjoy in the toilet, like hand held games or stories.
- Encourage your child to wait before getting off the toilet to make sure the bladder is completely empty.
- Seek professional help if problems persist after the age of four or if there is a change in your child's toileting pattern.
- Make sure they have plenty of fruit and vegetables in your child's diet (5 portions a day), as well as plenty of fibre.
- Provide your child with opportunities for regular exercise.
- Try to stay positive. Praise your child for small steps within their control (eg drinking plenty of water), and try not to make too much of it when accidents happen.
- The amount of fluid needed will vary according to the ambient temperature, dietary intake and physical intake.
- Caffeine-based drinks should be avoided