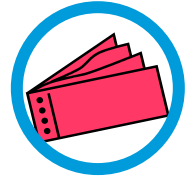


# Advice for children and young people with day time wetting

- Try to drink the recommended amounts for your age (see the chart overleaf). Make sure these drinks are spaced out throughout the day. Water is the best. Ask to have extra water in school.
- Avoid coffee, tea, cola, fizzy drinks, and anything else which makes the problem worse.
- Eat plenty of fruit and vegetables.
- Take plenty of time to empty the bladder completely. Go in natural breaks in the day: before school, break, before and after lunch, before home time, before and after tea, before bed.
- Think of a reminder system.
- Try to make the toilet area a nice place to be.
- When the bladder seems to be empty try to wee again in case some wee is left inside.



- When the need to wee is felt, go straight away. Don't delay while wetting is a problem. Once wetting happens less often, try to hold on a few seconds longer each time. Try counting higher each time.
- Ask for a toilet pass at school.
- Try pelvic floor exercises; pretend a trump (wind) is escaping, pretend to try to stop it, then relax, notice when muscles are squeezed. Do about 10 squeezes a few times a day.
- If wetting happens, still go to the toilet, empty the bladder completely, and get clean, and dry, with a change of clothes.
- Think about what's nice about being dry.
- Keep a chart of wet times and dry times. Does wetting happen at a certain time of day? Is it getting better or worse? Tell your doctor or nurse.



Age (years)	Sex	Total drink intake per day (ml)
Four – eight	Female	1000 – 1400
	Male	1000 – 1400
Nine – 13	Female	1200 – 2100
	Male	1400 – 2300
14 – 18	Female	1400 – 2500
	Male	2100 – 3200