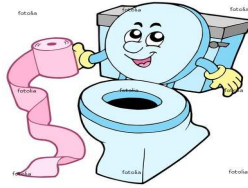


Toileting Skills Plan- Step 5



❖ Tips for Night time control

Stay calm and reassure the child that many other children wet the bed and do not punish or shout at the child. They have no control when they are asleep

- 1. Get a waterproof mattress protector*
- 2. Remove the bedtime nappy/pull up*
- 3. Have 6-8 drinks daily at least 5 before 5pm*
- 4. Last drink 1 hour before bed*
- 5. Avoid caffeine drinks, fizzy drinks and blackcurrant. Avoid milk as the child's last drink.*
- 6. Take the child for a wee before bed and again before sleep if he/she has a story etc*
- 7. Don't wake the child in the night to take to the toilet as this doesn't help them to wake feeling the need for a wee*
- 8. Keep a record chart of how many dry/wet nights*
- 9. Use rewards for daytime drinks, wee before bed, putting wet clothes in the laundry or other things he/she has control over*
- 10. Encourage your child to have plenty of fruit and vegetables to avoid constipation which can contribute to bed wetting*