



General advice to families of children with bedwetting

- Bedwetting is a medical condition.
- If your child is at least 5 years old, discuss the bedwetting problem with your family doctor or their school nurse.
- Do not blame or punish your child. Bedwetting is not your child's fault.
- Bedwetting is not caused by anything you or your child has done or is doing that is wrong.
- Understand that bedwetting is a problem that can be solved in most patients.
- Do not wake your child at night to go to the toilet, but do take them if they wake up on their own.
- Encourage your child to drink water-based fluids regularly throughout the day.
- Be supportive of your child. Reward your child by giving them compliments for any effort they make with things they can control such as drinking more in the day or going to the toilet just before going to sleep, not for the result of any dry beds.
- Let your child use diapers/pull-ups to increase comfort and to decrease stress, if this helps you and them to manage the problem while you wait for assessment and treatment.