

# THE 10 DO'S AND DON'TS TO IMPROVE CHANCES OF A DRY NIGHT<sup>1,2</sup>

A practical checklist to help parents with bedwetting children



## DURING THE DAY



Encourage your child to **drink adequately** during the day



**Encourage your child to use the toilet**  
at regular intervals throughout the day



Make sure your child doesn't drink  
**any drinks that contain caffeine**  
(tea, sodas, hot chocolate, coffee, energy drinks)



**Keep a diary** with your child's toilet habits  
(urine and stool frequency)

## BEFORE BED (IN THE HOUR BEFORE SLEEP)



**Reduce** your child's tendency to eat unnecessary **snacks**



Limit your child to **only drinking fluids when thirsty**



Make sure your child **goes to the toilet**



Try to make bedtime **a calm moment**



Try to have a **bedtime routine**



Try a few nights **without putting on night-time pants**  
or nappies

### References:

1. NICE. Bedwetting in under 19s Clinical guideline [CG111]. Published: 27 October 2010. <https://www.nice.org.uk/guidance/cg111>. Last Accessed April 2022 ;  
2. American Academy of Family Physicians. Am Fam Physician . 2014 Oct 15;90(8):Online. <https://www.aafp.org/afp/2014/1015/p560-s1.html>. Last accessed April 2022

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