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## NOCTURNAL / DIURNAL ENURESIS

### GENERAL ADVICE

- A. Adopt a consistent attitude.
- B. Learning is hindered by punishment and encouraged by praise.
- C. Do not allow a child to get into parent's or sibling's bed after wetting. This pleasure may reinforce bed-wetting.
- D. Do not expect the problem to disappear over night. Average length of time for treatment and success is eight weeks, but it may take many months and there can be relapses.
- E. When a programme of treatment is introduced the problem may get worse before it gets better.
- F. Simply explain to your child that it "will get better" and that they are "not alone".
- G. When your child reaches seven years of age, other programmes/strategies can be put into place. When your child reaches eight years. He/She can be referred to other specialist services. You can contact your GP or Public Health Nurse at this time.

### PRACTICAL ADVICE

- A. Use a fitted waterproof mattress cover. Rinse wet sheets and nightclothes in Napisan and cold water before washing. (Mattress covers can be purchased from Nurse Maude Hire and Sales Centre Ph 355-0040).  
Using a mattress cover reduces negative responses and enables parents to cope.
- B. Sponge mattress cover with detergent and wash if it is washable.
- C. Make sure your child has a good full body wash or shower before dressing and it may be necessary to wash the hair as well. If daytime wetting occurs, ensure a change of clothes in plastic bag accompany your child to school. (A range of absorbent children's underwear can also be purchased at Nurse Maude Shop).

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- D. Make sure your child has easy access to the toilet eg: bottom bunk if sleeping in bunks.
  - E. Keep a light on if necessary at night.
  - F. Use a potty in the bedroom if the toilet is some distance away.
  - G. Make sure your child is warm in bed.
  - H. Always make sure your child uses the toilet before going to bed.
  - I. Ensure your child has plenty of evenly spaced drinks throughout the day. (ie: breakfast, morning tea, lunch, afternoon tea and dinner) to avoid over hydrating in the evenings. This also helps to increase bladder capacity (Avoid fizzy drinks especially coke, coffee and tea).
  - J. Encourage children to 'hold on' before passing urine. This can increase bladder capacity. (where possible avoid toileting in "just in case" circumstances).
  - K. Ensure your child is not constipated. (constipation reduces bladder capacity with the bowel putting pressure on the bladder).
  - L. If you are 'lifting' to toilet your child at night, do this at differing times to avoid bed-wetting patterns and an established habits.

**There are no super-parents, the best you can do is  
praise success and try to stay positive**