

Top Tips for Bladder Control

Establish a good daytime toileting routine even if there is no desire to go.

- on waking
- before school
- morning break
- lunchtime
- home time – 2nd play
- dinnertime
- before bed

This has been shown to be effective in developing better bladder control. It means your child plans when to pass urine rather than waiting for bladder signals. It helps them to focus on their bladder.



Increase drinks throughout the day.

- Have at least 6-8 good sized cups of drink per day
- Do not restrict drinks
- Avoid blackcurrant and fizzy drinks. Water and dilute apple juice are good drinks

The bladder needs to fill and empty regularly in order to function well. Some drinks can irritate the bladder.



Avoid constipation

- Encourage your child to eat a well balanced diet including fruit, vegetables and wholegrain foods
- Establish a good toileting routine and allow your child enough time in the day to use the toilet for a poo
- Seek advice from your family doctor if you feel your child may be constipated.

Hard stools (poo) in the lower bowel can press on the bladder and prevent it from filling properly and can contribute to day and night time wetting.

Before bed

- 90 minutes before bed a small drink is ok but try not to drink too much
- Avoid Tea, Coffee and Hot Chocolate before bed.
- Empty bladder completely before sleep, trying twice e.g. **Toilet, Teeth, Toilet (The 3 T's)**
- Consider when to stop using pull-ups/nappies.

These drinks have a diuretic effect, which increase urine production.

Pull-ups are designed in such a way that your child may not be aware that they are wet. They are not able to experience the sensation of wetness and being uncomfortable, so may not have the incentive of being dry.



During the night

- Encourage your child to use the toilet during the night if they wake
- **No** lifting or waking your child to toilet.

Whilst it may appear logical to lift, it may actually prolong bedwetting because if your child is not fully awake wetting is being encouraged. Even if your child is fully woken up, the bladder is unlikely to be full therefore denying your child the chance to experience a full bladder and learn to wake to the signals.



Be positive

- Focus on what is possible by setting small realistic goals
- Encourage your child and praise success.

Seek advice and support

Seek advice from your School Nurse www.southernhealth.nhs.uk/schoolnursing or your family doctor

Seek advice from Education Resources for Improving Childhood Continence [ERIC] www.eric.org.uk 0845 370 8008

Top Tips for Bowel Control

Ensure your child has 6 to 8 glasses of water-based drinks throughout the day with at least 2 to 3 during school time.

Dehydration (lack of water) can lead to headaches and constipation. Drinking more increases the fluid content of stools (poo) making them easier to pass. Your child needs to drink more when exercising or in hot weather.



Encourage your child to eat a well balanced diet including fruit, vegetables and wholegrain foods which have high fibre content.

Eating foods that are high in fibre increases the bulk of the stools (poo) making them softer and easier to push out.



Provide your child with opportunities for regular exercise.

Physical activity increases bowel activity.



Encourage your child to use the toilet around 15-20 minutes after meals.

The bowel is more active after meals, so this is the time that your child is more likely to get the feeling that they need a poo.



Give your child enough time to use the toilet so that they don't feel rushed.

Many children don't like to use toilets in school for a poo, so try and ensure that your home routine allows them enough time to go if necessary.

Make sure your child can sit on the toilet securely and that they have a footstool to put their feet on if necessary.

If feet are supported it makes it easier to push the poo out and gently rocking forwards and backwards on the toilet "rock and pop" can also help [See ERIC website for more details].

Try to make toilet times fun.

Try having a poster on the back of the toilet door or try a comic/book for your child to look at whilst they are sitting on the toilet.

Don't let your child hold on to do a poo.

The longer poo stays in the bowel, the harder and drier the poo becomes.

Stay positive and praise your child for small steps within their control (e.g. drinking plenty), and try not to make too much of it when accidents happen.

Seek advice and support

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