Dear ………………………………….………

Here is some information for you to read and some charts for you to complete before we meet to talk about your bedwetting.

Lots of children and young people have this problem and it is my job to try and help you find a way to stop this from happening. I will need you to try hard to answer the questions truthfully, as well as, complete the charts in this pack before we meet (with a parent or carer) to talk about it a bit more.

Speak to you soon.



**About Bedwetting**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Bedwetting happens when you are asleep, your bladder fills up with wee and empties without you knowing its happening.  There are lots of children who wet the bed at night – even if you think you are the only one that does, we know that it is a common problem. For every class of 30 children aged 7 there will be two in the class that wet the bed at night.  It’s not known why some children wet at night but we do know that children can’t help it. Some children wet because that have inherited it from someone in the family, just like you can inherit the colour of your hair or the colour of your eyes. | https://www.eric.org.uk/Handlers/GetImage.ashx?IDMF=3913301d-30c0-4330-a534-da615b1f04aa&w=778&h=1945 | | | | |
| Adapted from: https://www.eric.org.uk/how-does-my-body-make-wee | | | | | |
|  |  | | | | |
| Why bedwetting happens | | | | | |
| Some children wet at night because they don’t get the signal that tells them they need to wake up to go to the toilet. Others haven’t yet started making a hormone called vasopressin which the body uses to make sure it doesn’t produce too much wee overnight. Some children have problems with weeing in the day and have to get to the toilet really quickly because they get a very strong signal that they need a wee. | | | |  | |
| How to stop bedwetting  We will ask lots of questions about when the bedwetting happens and how much you drink and wee every day. We will also ask you to fill in some charts to help us know what the best treatment is for you. These can include: | | | | | |
| Bedwetting alarms  Some children will use a bedwetting alarm which will wake them up with a noise/vibration every time they wee in the night. This helps you wake up when you need to wee through the night. | | Image result for sleeping brain clipart | | | |
| Medicines  Some children will use medicine to help their bodies make less wee at night. And some children will use medicine to help their bodies not need to go to wee so urgently in the day. | | | | |
| Drinking  It’s really important if you wet the bed at night that you drink properly in the day. About 6-8 glasses of water everyday will help your bladder stay strong and healthy. If you can drink water it is best for your bladder but if you really don’t like water you can drink squashes or fruit juices with lots of water in them. | | | Image result for drinking water clipart | | | |
| Bladders really don’t like fizzy drinks like coke and they don’t like tea or coffee or drinking chocolate. If you really can’t do without those drinks try to drink them in the morning rather than later in the day. These sorts of drinks can make you want to go to wee more often and don’t help with bedwetting. | | | | | | |

Visit <https://www.eric.org.uk/> for more information (they even have some fun stuff on their website too!)

**Making a Start…**

Over the next two weeks please record the following:

* Type of drink in the last 2 hours before sleep
* Whether your child is wet or dry at parent’s bedtime
* Whether your child woke up in the night to use the toilet
* Whether your child achieved a dry night
* If wet, the size of the wet patch (S=Small M=Medium L=Large)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date | Last Drink | Parent Check  Wet/Dry | Woke self to toilet  Yes/No | Dry  Yes/No | If wet:  Size of patch  S M L |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**The Three System Checklist**

Over the next two weeks, can you consider how often you:

**Daytime:**

* Had a sense of urgency Often Rarely

(Sudden need to dash to the toilet)

* Frequent Toileting Often Rarely

(More than 7 times a day)

* Passed Small Volumes Often Rarely

(With small maximum voided volume)

**Night-time:**

* Woken up soon after wetting Often Rarely

(Or during the wetting itself)

* Wet soon after sleep Rarely Often

(Within the first 3 hours of sleep)

* Had large wet patches Rarely Often

(The bed being soaked)

Over the next 2 – 3 weeks we would like to find out how much your bladder holds. To do this we need you to wee into a measuring jug when you have the feeling that your bladder is full (really, really desperate to go for a wee). Could you make sure:

* **Not** to measure the first wee on a morning
* Only do this particular measure once in a day
* Record the measure (in mls) 3-5 times

1 \_\_\_\_\_\_\_\_\_\_\_\_

2 \_\_\_\_\_\_\_\_\_\_\_\_

3 \_\_\_\_\_\_\_\_\_\_\_\_

4 \_\_\_\_\_\_\_\_\_\_\_\_

5 \_\_\_\_\_\_\_\_\_\_\_\_

Expected (ml): age X 30 + 30 = \_\_\_\_\_\_

**Impact of Bedwetting**

|  |
| --- |
| Mum/Dad/Carer has a lot of extra washing No Sometimes Yes |
|  |
| It feels cold when I wake up No Sometimes Yes |
|  |
| My bedroom smells No Sometimes Yes |
|  |
| I have to bath/shower every morning No Sometimes Yes |
|  |
| I have to keep my friends out of my room No Sometimes Yes |
|  |
| Drinks are stopped before bedtime No Sometimes Yes |
|  |
| I have to change my own bed No Sometimes Yes |
|  |
| I have to go to bed early No Sometimes Yes |
|  |
| I have to get up straight away No Sometimes Yes |
|  |
| Mum/Dad/Carer gets upset with me No Sometimes Yes |
|  |
| My brother/sister teases me No Sometimes Yes |
|  |
| I get upset about the bedwetting No Sometimes Yes |
|  |
| I’m afraid that others may find out No Sometimes Yes |
|  |
| I feel different from my friends No Sometimes Yes |
|  |
| Sleeping over at my friend’s house is impossible No Sometimes Yes |
|  |
| Having friends stay over is difficult No Sometimes Yes |
|  |
| School trips to sleep over night are out No Sometimes Yes |

**The Benefits of Being Dry**

To build up a picture of what it might be like to be dry at night, Please check (🗹) what would be GOOD for you about being dry at night:

* My room wouldn’t smell
* I could have friends in my room to play
* I would be able to lie in on a morning
* I’d feel comfortable on a morning
* I wouldn’t have to bath or shower in the morning
* I wouldn’t have to have to change my sheets as often
* I wouldn’t get sore
* Mum, Dad or carer wouldn’t have all the extra washing up
* Mum, Dad or carer would be really pleased
* I wouldn’t be teased or picked on
* I’d feel proud of being dry
* I wouldn’t be embarrassed
* I wouldn’t be afraid of others finding out
* I’d be able to have a drink before going to bed
* I wouldn’t feel different from others
* I’d be able to go on sleepovers
* I’d be able to go on more trips and holidays
* My family would be able to sleep better

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Weight | | Fluid Intake | | |
| Stone lb | Kg | Litres | Half Pints | 250 ml Glasses |
| 1:7 | 9.5 | 0.95 | 4 | 4 |
| 2:0 | 12.7 | 1.14 | 5 | 5 |
| 2:7 | 15.9 | 1.30 | 5 | 6 |
| 3:0 | 19.1 | 1.45 | 6 | 6 |
| 3:7 | 22.3 | 1.55 | 6 | 7 |
| 4:0 | 25.5 | 1.61 | 6 | 7 |
| 4:7 | 28.6 | 1.67 | 6 | 7 |
| 5:0 | 31.8 | 1.74 | 7 | 7 |
| 5:7 | 35.0 | 1.80 | 7 | 8 |
| 6:0 | 38.2 | 1.86 | 7 | 8 |
| 6:7 | 41.4 | 1.93 | 7 | 8 |
| 7:0 | 44.5 | 1.99 | 8 | 8 |
| 7:7 | 47.7 | 2.05 | 8 | 9 |
| 8:0 | 50.9 | 2.12 | 8 | 9 |
| 8:7 | 54.1 | 2.18 | 8 | 9 |
| 9:0 | 57.3 | 2.25 | 8 | 9 |
| 9:7 | 60.5 | 2.31 | 9 | 10 |
| 10:0 | 63.6 | 2.37 | 9 | 10 |
| 11:0 | 90 | 2.50 | 9 | 11 |
| 12:0 | 76.4 | 2.63 | 10 | 11 |
| 13:0 | 82.7 | 2.75 | 10 | 12 |
| 14:0 | 89.1 | 2.88 | 11 | 12 |
| 15:0 | 95.5 | 3.01 | 11 | 13 |
| 16:0 | 101.8 | 3.14 | 12 | 13 |

**Suggested Volumes of Fluid to be Drunk Each Day**

**11 Steps to Developing Bladder Control**

**Daytime:**

1. Increase fluid intake

(About 6 – 7 drinks a day)

1. Use the toilet for a wee regularly

(About every 2 hours, or when you have a drink)

1. Measure and monitor how much you wee on the charts in this pack

(Good voided volume is age X 30 + 30 mls)

**90 Minutes before bed:**

1. Have a small drink

(Make a note if any drinks increase a vulnerability of bedwetting)

**Just before sleep:**

1. Make sure you empty your bladder
2. Switch off any lights or TV
3. Make sure you are warm enough in bed
4. Think to yourself “I will be dry tonight” or “ill wake up for a wee if I need one”

**At Night-time:**

1. **No** lifting (if parents wish to toilet your child, make sure he/she is awake)
2. If you wake up, really try to get up and use the toilet (have a torch to hand if the toilet is difficult to get to)

**After any dry nights:**

1. Make a note as to whether you woke to use the toilet in the night

**Fluid Flow Recording Chart for completion at Home**

Instructions for completion are on the reverse of this chart.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Awake Time**  **& Bed time** | **Day**  **1** | | **Day**  **2** | | **Day**  **3** | | **Day**  **4** | **Day**  **5** | **Day**  **6** | **Day**  **7** | **Day**  **8** | **Day**  **9** | **Day 10** | **Day 11** | **Day 12** | **Day 13** |
| **Drinks** | **Urine/**  **BO** | **Drinks** | **Urine/**  **BO** | **Drinks** | **Urine/**  **BO** |
| 6 am |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 am |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 am |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 am |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 am |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 am |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Midday |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Total Volumes**  **Daytime**  **Bedtime** | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Instructions for completing fluid chart for Parents and Carers**

***We need to measures all drinks in and urine out and bowels opened for at least 2 days (first 2-3 columns) and continue to record of bedwetting and bowels open for a full two weeks.***

Record all drinks, urine passed, bowels opened (BO), bedwetting, for example:

* ***500mls T*** - for 500mls sat on the toilet
* ***BO T*** - for bowels open sat on toilet
* ***Wet N*** - Wet nappy/pull up
* ***BO N*** - Poo in nappy
* ***Wet A*** - Wee accident underwear/floor
* ***BO A*** - Poo accident underwear/floor

Urine amounts should be measured in mls using a suitable (old) jug

In the *drinks* column, record the time, amount and type of drink

If bedwetting occurs write *W* and an estimate of the amount of urine passed by writing, for example:

* ***W S*** - for a small amount
* ***W M*** - for a medium amount
* ***W L*** - for a large amount

If it is not possible to measure the amount of urine passed each time during every day (if you are out an about or at school), just write *T* to show a trip to the toilet

**INSTRUCTIONS FOR CHILDREN NOT TOILET TRAINED**

* The aim of this chart is to see if the child has the capacity to hold urine in their bladder.
* If the child can hold for up to two hours, consider toilet training.
* When the child gets up at the beginning of the day place a piece of kitchen roll into the nappy and check hourly to see if it is wet or dry.
* Replace the kitchen roll if it is wet, but the nappy can stay on until it is usually changed.

**Bladder Training**

If you get the sudden feeling you need to wee (urgency):

* Check the feeling for 5 seconds.
* If the feeling goes away, that’s great your bladder is working for you.
* If the feeling becomes stronger, go for a wee straight away – that’s you being in control.

Check your Progress:

You should find:

* Less urgency
* Increased bladder capacity
* More dry nights

Measure bladder capacity:

* When you have a feeling that your bladder feels full, wee into a measuring jug
* Make a note of the volume (in mls)
* Avoid the first wee on a morning
* Take one or two measures a week.

Toileting:

* Plan to go for a wee 6 – 7 times a day
* Either go each time you have a drink or at break times at school - you decide

Drinks:

* Have 6 – 7 drinks regularly through the day (up to two hours before you go to sleep).
* Drinking improves your bladder.