

“I felt myself getting panicky every time I put him to bed. Maybe it was a lack of proper routine, but at the time I was so tired and had so little patience. I never praised him for going all night without wetting his bed. I just got cross when I had to change the sheets again, which didn't really help at all.”

Potty Training: Your child is more likely to learn control if you are relaxed and calm. Remember your child will learn at their own pace and that praise, rather than telling them off, will help. Between the ages of three and four, your child is likely to be dry during the day with the odd accident. Remember, this is often not an instant change, but a gradual process where more and more nights will become dry nights.



Bedwetting: It is not easy to know why some children take longer to become dry at night than others. However, bedwetting is not due to laziness or lack of will power. Some children (up to one in six 5 year olds) bed wet. Although this may be stressful for both you and your child, try not to lose your patience. It is rare for a child to wet or soil on purpose. If, after the age of 7, your child often wets the bed, the problem may be caused by a number of things. Talk to your child and reassure them that other older children experience this too. Discuss any concerns about your child with your Doctor, Health Visitor or School Nurse.

Sleeping Difficulties: There are many different reasons why babies and young children do not sleep through the night. Try to have a sleep routine from as early as six weeks if you can. Feel confident in yourself to know whether your child is really upset or just restless. If you are often woken during the night, arrange for a relative or friend who you trust to care for your baby or child so that you can get some sleep.

Establishing a routine: Many children and babies have difficulties getting to sleep at some time. It is important to get an established night-time routine for your child by putting them to bed at a regular time each night. Make sure their room is warm and comfortable. Reading to your child at bedtime can help them unwind and relax. If your child is scared of the dark, try using a night-light. A few favourite toys in the bed may also be a comfort if your child wakes during the night.

If you are worried your child has serious difficulty in getting to sleep, or does not regularly sleep through the night, you can discuss your concerns with your Doctor, Health Visitor or School Nurse.



Warning Signs:

There may be none, but does your child seem unhappy? Has something happened in the family or in your child's life (bereavement, separation etc) which may be worrying them?



Action:

Stay calm if your child is wetting the bed. Try to check whether there is a particular time when they wet. Make sure your child goes to the toilet just before bed. If needed, seek support for yourself as well.



What to say:

Give your child the chance to discuss their feelings with you. Try to keep calm and relaxed. Praise your child when they sleep through the night. Do not tell your child off if they wet the bed or do not sleep through.



Prevention:

Make sure your child knows that they can share any worries with you. If you want advice about things you can do to help, discuss your concerns with your Doctor, Health Visitor or School Nurse.

Contacts:

Your Health Visitor, Doctor or School Nurse: Name:..... Number:.....

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