

## Contact details

Please call your 0-19 team:

<b>Dorking</b>	01306 748 901
<b>Leatherhead</b>	01372 384 300
<b>East Elmbridge &amp; Cobham</b>	0208 979 6464
<b>Epsom &amp; Ewell</b>	01372 730 040
<b>Banstead &amp; Tattenham</b>	01732 730 040

## How this service works

You will be offered help over the phone and, if required, put on the waiting list for an appointment, which is prioritised by age. Older children get priority.

In the meantime, we will continue to support you over the phone. Some useful websites to refer to for information are [www.eric.org.uk](http://www.eric.org.uk) and [www.stopbedwetting.org](http://www.stopbedwetting.org)

Once you have an appointment, you will be seen in clinic regularly for up to six months, and then re-assessed.

## Need to contact the service?

Please see the Contact details section of this leaflet.

## Your experiences

CSH Surrey is committed to putting people first and continually improving services through listening and responding to feedback.

To share your experiences, please:

Call 020 8394 3846/43

Email [CSH.communications@nhs.net](mailto:CSH.communications@nhs.net)

Or write to the Head Office address below.

## Large print, audio format or another language

Call 020 8394 3846/43 or email

[CSH.communications@nhs.net](mailto:CSH.communications@nhs.net) to

receive this information in large print, audio format or another language.

## General enquiries

Visit [www.cshsurrey.co.uk](http://www.cshsurrey.co.uk) for information and contact details for all other CSH Surrey services.

CSH Surrey, Head Office  
Ewell Court Clinic, Ewell Court Avenue  
Ewell, Epsom, KT19 0DZ

Company registered number 5700920



## Be 'The Boss' of your bladder

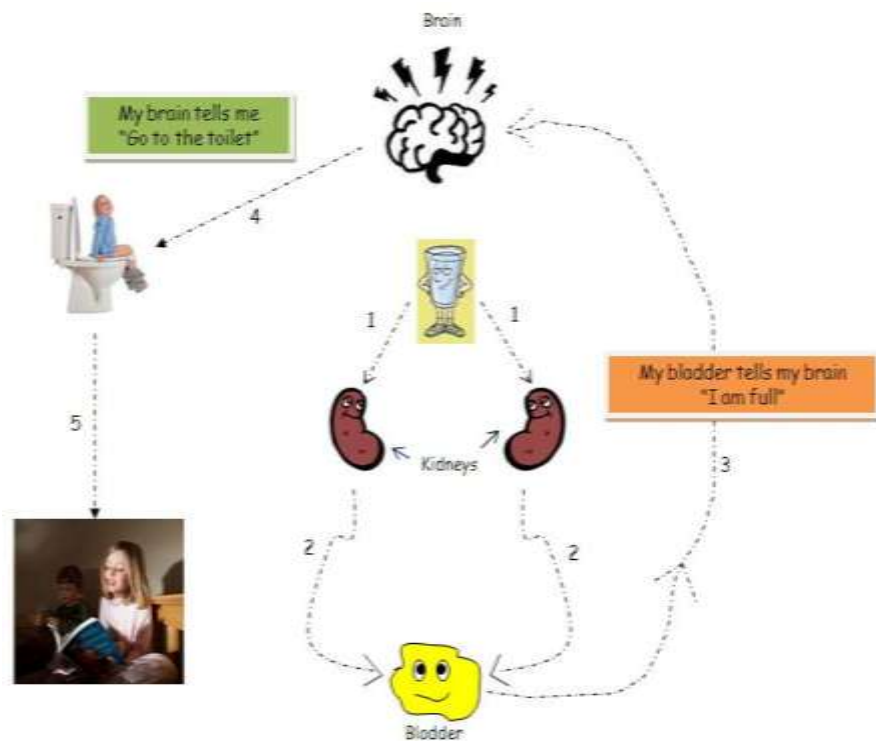
### Overcoming bedwetting

Information for children, parents, carers and relatives

### Better healthcare together

CSH Surrey, providing NHS community nursing and therapy services in the homes, schools, clinics and hospitals in the heart of Surrey since 2006.

## Be 'The Boss' of your bladder!



### Children – Handy tips to remember to be 'The Boss'!

- ★ Go for a wee regularly (about six times a day)
- ★ Try and relax when having a wee
- ★ Make sure you wee before going to sleep
- ★ The more you drink the more your bladder can hold. You might think that reducing how much you have to drink will reduce the chances of wetting. But that probably has the opposite effect, as the bladder will only learn to hold small amounts. This means at night the small bladder quickly fills up and, if not emptied, you will have a wet bed

### To help your bladder hold more wee, it is important that you:

- ★ Have regular drinks (5-7 x 200ml cups) throughout the day to help your bladder learn how to hold larger amounts of wee
- ★ Drink whole cups NOT sips as this will help to stretch your bladder
- ★ Avoid drinking blackcurrant juice, fizzy drinks or milk drinks especially before bed, because these can make you wee more
- ★ Keep having drinks up until two hours before bed
- ★ During the final 1-2 hours before bed it is okay to have a sip of **water** to drink, if needed

## 'The Boss' checklist for \_\_\_\_\_

My targets		Tick the chart each time you drink a whole cup during the day.						
Am I drinking enough through the day? It could be juice, water or milk. My target is between 5-7 200ml sized glasses a day.			8am	10am	12pm	2pm	4pm	6pm
		Mon						
		Tue						
		Wed						
		Thu						
		Fri						
		Sat						
		Sun						
<b>Recommended fluid intake per day *</b>		<b>Well done</b> if you have drunk 5-7 cups in a day! 						
Boys and Girls 4-8 yrs	1000-1400ml							
Girls 9-13 yrs	1200-2100ml							
Boys 9-13 yrs	1400-2300ml							
Female 14-18 yrs	1400-2500ml							
Male 14-18 yrs	2100 -3200ml							
<b>Have I been for a wee before I go to sleep? Tick every time you remember.</b> 		Mon						
		Tue						
		Wed						
		Thu						
		Fri						
		Sat						
		Sun						

### Parents – Helpful pointers

- ★ Talk to your child about making it easier to go to the toilet at night. For example, if your child doesn't like getting up at night because it's too dark, consider using a 'special' torch / light and call it 'I'm the boss nightlight'
- ★ If your child is in a bunk bed or has to go up or down stairs to the toilet, can you change where they sleep for a short while?
- ★ Try and avoid lifting children to the toilet when they are not fully awake and therefore not the 'boss of their bladder'. This leads to their bladder learning to empty when not full which is not the outcome we are looking for
- ★ If you do use lifting on special occasions, for example, while away on holiday, make sure you wake them at different times each night
- ★ It may help to stop using pull ups at night; this allows the child to recognise that they are wet and prompt them to use the toilet. Remember to use protective covers for the bed
- ★ You could try rewarding your child for agreed behaviour, for example, for drinking well throughout the day or for using the toilet to pass urine before sleep. But remember the rewards need only be small like an extra story at bed time!

**Please do not reward for dry nights, as your child is unable to control bedwetting.**

\*NICE Guidelines 2010