Positive thinking about night time dryness in children under 5

Information Leaflet
Women and Children's Division Children and Young People's Service
Introduction

Children are generally expected to be dry at night by a developmental age of 5 years. This leaflet provides recommendations specific to the under 5 age group indicating situations where healthcare professionals can offer useful advice and interventions.

Did you know?

Many children under 5 years wet the bed, for example, approximately 1 in 5 children of 4½ years wets the bed at least once a week. (NICE 2010)

Do you need advice and support to get started? Your Community Nurse or School Nurse is there to help, so please contact us.

Tips:

- Try at least 2 nights in a row without nappies or pull-ups if your child is bedwetting and is under 5 years and has been toilet trained by day for longer than 6 months.
- Think about alternative bed protection ask your healthcare professional about this.

Consider a longer trial in children who:

- are older
- achieve a reduction in wetness
- have a learning disability or other developmental delays
If your child is under 5 years old and bedwetting and wakes at night, it is OK to take him/her to the toilet.

You might like to consider a further assessment and investigation to exclude specific medical problems for children over 5 years who:
Despite awareness of toileting needs and showing appropriate toileting behaviour, are struggling to not wet themselves during the day night.

It is important for your child to be assessed if they are under 5 years with bedwetting for constipation as well.

Did you know?

Children and young people (NICE Guideline CG99) may have undiagnosed chronic constipation and that this is a common cause of wetting and soiling in younger children.

Lifting, carrying or walking your child to the toilet with your child still half asleep will not help the situation, as your child needs to be fully awake in order to take charge of their dryness. (NICE 2010)

Things to be aware of:

• Early signs of a response may include smaller wet patches, waking to the alarm, the alarm going off later and fewer times per night and fewer wet nights
• Dry-bed training is a training programme that may include combinations of a number of different behavioural interventions, and that may include rewards, training routines and waking routines, and may be undertaken with or without an alarm
How can I help reduce healthcare associated infections?
Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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If you require an alternative format of this leaflet please call 01296 316042

Acknowledgments:
NICE Guidelines (CG99) (October 2010)

Resources
ERIC: A useful website that provides information and resources to both parents and professionals around continence promotion in children. http://www.eric.org.uk/

Stopbedwetting: This site offers support to both patients and health care professionals to make informed decisions about childhood bedwetting. http://www.stopbedwetting.org/

Support & Advice
Ask to speak with your School nurse if you need more information about toileting.
If your child is over 5 years old and has a learning disability and you need more help with toileting, ask a professional who knows you to refer to us.