



Every knight
Needs a Dry night

Things you can do at home to help with your child's bedwetting problem



Reduce the amount of **fluids** your child drinks **1-2 hours** before bed^[2]

Give your child enough **water** to drink **during the day**^[1]

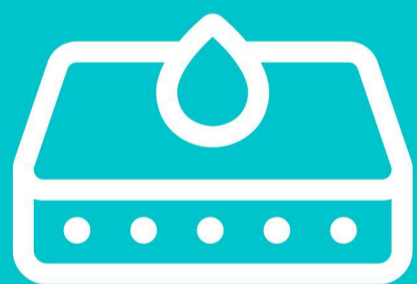
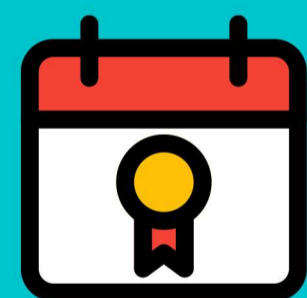


Make sure your child goes to the **toilet** from **4 to 7 times** a day and **before bedtime**^[1]

Avoid any **caffeine** based drinks as they cause **Diuresis**^[1]

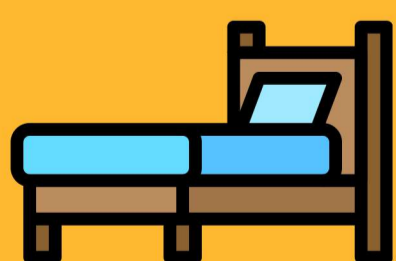


Do **not punish** your child, give **rewards** for positive actions^[1]



Use **waterproof covers** on their **mattress** and **duvet**^[1]

Make sure your child has **easy access** to a **toilet** at night^[1]



Do **not** regularly **wake** or **carry** your child in the **night** to use the toilet^[1]

For more information visit <http://www.dry-knight.com>

1. <https://www.nhs.uk/conditions/bedwetting/>

2. [https://www.urologyhealth.org/urologic-conditions/nocturnal-enuresis-\(bedwetting\)](https://www.urologyhealth.org/urologic-conditions/nocturnal-enuresis-(bedwetting))