

Contact us

You can get in touch with us at any time, even during the holidays.

Phone 0300 123 4496

Email nem-tr.kentchildrenandyoungpeoplehealthservices@nhs.net

Web www.kentcht.nhs.uk/schoolhealth

Who's in the team

Our team consists of school nurses, school staff nurses, school nurse assistants and secretarial support.

All school nurses are qualified nurses, with specialist training in public health.



Do you have feedback about our health services?

Phone: 0300 123 1807, 8am to 5pm, Monday to Friday

Text: 07899 903499

Email: kentchft.PALS@nhs.net

Web: www.kentcht.nhs.uk/PALS

Patient Advice and Liaison Service (PALS)
Kent Community Health NHS Foundation Trust
Unit J, Concept Court
Shearway Business Park
Folkestone
Kent CT19 4RJ

If you need communication support or this leaflet in another format, please ask a member of staff or contact us.

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Our values
Compassionate Aspirational Responsive Excellent

03.05.18



Kent Community Health
NHS Foundation Trust

Bedwetting

Does it concern you?



School Health Service

Wetting the bed is common but can be upsetting and frustrating for you and your child.

Here are some tips to help...

- Be optimistic, encourage and motivate your child.
- Encourage your child to have six to eight glasses of drink during the day. Avoid drinks with caffeine, such as tea, coffee, hot chocolate and high-sugar drinks like, fizzy and energy drinks.
- Get your child to use the toilet regularly.
- If your child is toilet trained during the day, try to remove their nappy or pull-ups during the night. We recommend doing this for at least two nights in a row.
- Make sure the mattress is protected.
- Get your child to go to the toilet before they clean their teeth and again before bed.
- Don't punish your child for wetting the bed.
- Give rewards for agreed behaviour, not dry nights.
- We don't recommend lifting your child from bed to take them to the toilet, however, if you wish to do this, vary the time and make sure your child is awake and walks to the toilet with your support.
- If the toilet is not easy to get to at night provide a potty in the room for them to use.
- Leave a light on in the toilet if your child is afraid of the dark. You may also wish to put night lights in the bedroom and hallway.



Who can I talk to if I need more support?

If your child is frequently wetting the bed and it is upsetting them or if they haven't grown out of wetting the bed, speak to your school nurse for advice and support.

If needed, it's important that your child attends appointments regularly for continued advice and support.



Useful websites

NHS Choices

www.nhs.uk/conditions/bedwetting

The Children's Continence Charity

www.eric.org.uk

Bladder and Bowel Foundation

www.bladderandbowelfoundation.org



Remember,
it may take a few
weeks for your
child to respond.