

# Tips To Manage

# Bedwetting In Older Children

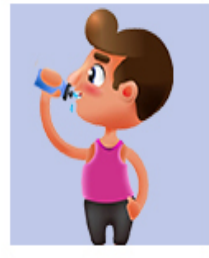


Ensure the child urinates at least once before bedtime



Set a stipulated bedtime to form a routine

Ensure the child drinks plenty of water during the day and not at night



Avoid caffeine-based beverages toward the end of the day

Install a nightlight in the toilet to encourage the child to visit it independently at night



Use a waterproof mattress protector on the bed

Acknowledge and appreciate the child whenever they wake up dry



Never punish or embarrass the child for wetting the bed

## References:

1. Bedwetting in older children; HealthDirect
2. Bedwetting; ACT Government
3. Bedwetting; BetterHealth Channel