

Tips To Help Peduce Vour Childs

Bedwetting



Lessen your child's liquid intake in the evening and at night

Avoid giving them caffeine and citrus juices at night





Keep your child hydrated and give them a high-fiber diet

Talk openly about the problem and brainstorm solutions together





Encourage positive thinking and self-reassurance for older children and teens

Have a regular bathroom schedule for erratic daytime habits



Mom Junction

 ${\color{red} \textbf{Source:}} \ \underline{\textbf{https://www.momjunction.com/articles/effective-home-remedies-curb-bed-wetting-children_0076410/}$