

# Child Enuresis Information

Your child has been referred to the Children's  
Community Nursing Team for enuresis.



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Most children have reliable bladder control by the age of five but for every 30 children one to two will suffer from daytime wetting (Promocon, 2016). Daytime wetting may occur due to constipation, their bladder not being big enough, their bladder sending a signal to the brain to empty before it's full and being too busy when the bladder is sending signal to go to the toilet.

There are interventions that can help. Unfortunately there is currently a waiting list for an appointment but there are things that we would like you and your child to do before you come to your appointment.

## Helping your child

A good fluid intake is vital for a healthy bladder. We need to get your child's bladder working the best it can and do this they need a good fluid intake. Below is the recommended fluid intake for each age group:

- 4-8 years- girls and boys 1000-1400mls per day
- 9-13 years- girls 1200-2100 mls per day, boys 1400-2100mls per day
- 14-18 years- girl's 1400-2500mls per day, boys 2100mls- 3200mls per day

Ref: NICE (2010) Nocturnal enuresis: The management of bedwetting in children and young people.

The above is the amount that we need your child to be drinking. This is water based fluids and milk is not included in the amount but your child can have this in addition. They need to drink the majority of this fluid before 5pm. Please can you ensure that they are drinking the recommended amount when you and your child come to your clinic appointment.

Please encourage them by using reward charts and making it fun such as measuring the amount each day so that they know how much they need to drink. A healthy bowel is also important, if you feel your child is constipated either contact your GP or



we can discuss this at your appointment and initiate a treatment plan.

### **Bladder irritants**

Try cutting out bladder irritants, these are blackcurrant juice, caffeine drinks and fizzy drinks. Keep a diary to see if these have any effect on the wetting.

2

### **Toilet advice**

Encourage your child to go to the toilet regularly throughout the day generally every one and a half hours. For boys encourage them to sit on the toilet to pass urine this will slow them down and will help them relax to completely empty. For both boys and girls use a stool so that their feet are flat on the floor get them to slow down and concentrate on fully emptying their bladder. Ask them to count to twenty while passing urine. For girls encourage them to wipe from front to back when cleaning their bottom to minimise risk of infection.

Encourage your child to quickly change their clothing if they have wet. Remaining in the wet clothes increases the risk of infection. Encourage them in their independence to do this. Have a bag with everything that they need in it, let them know where they need to put the wet clothing. If your self is self-conscious about this but needs support cleaning themselves use a secret sign a small object that they can pass over which both of you will know indicates that they have wet.

If using reward charts always ask them to do something that is within their control. Your child is unable to control if they are wet but they are able to manage the amount that they drink, going to the toilet regularly and telling someone when they have wet.

### **Support Groups:**

[www.eric.org.uk](http://www.eric.org.uk)

[www.disabledliving.co.uk](http://www.disabledliving.co.uk)

We look forward to seeing you and your child at your appointment. Please complete the fluid charts accurately which will be sent along with your appointment. On these we need you to record what your child is drinking and to measure your child's urine output in a jug. If you have any issues in completing these please contact us to

2

discuss this. The completed fluid charts provide us with valuable information and are used to make your child's treatment plan.

## Contact us

This factsheet has been produced by the Children's Community Nursing service. Your East Cumbrian team is based at: Springboard Child Development Centre, Carlisle

Telephone: **01228 608112**

Your West Cumbrian team is based at: Workington Community Hospital

Telephone: **01900 705080**

## Confidentiality

**'The Trust's vision is to keep your information safe in our hands.'**

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email [Information.Governance@cumbria.nhs.uk](mailto:Information.Governance@cumbria.nhs.uk)

## Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: [PET@cumbria.nhs.uk](mailto:PET@cumbria.nhs.uk) Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

**01228 603890**

E: [communications.helpdesk@cumbria.nhs.uk](mailto:communications.helpdesk@cumbria.nhs.uk)

Or write to Engagement and Communications  
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