



Making a start:
A booklet for parents,
carers and children to
complete

Why have I received this booklet?

We are sending you this booklet as we have received a referral for your child regarding their potential bladder and/or bowel issues.

To try and minimise the number of trips to the clinic for you and your child, we have compiled this booklet so you can collect information prior to your appointment. Throughout your wait for the initial assessment, which may take several months, we have included some suggestions to promote a healthier bladder and bowel. Starting from today these suggestions should be followed, and may include such things as increasing fluid intake and making dietary changes.

We would like you and your child to complete this booklet over the two weeks prior to your confirmed appointment. Doing this will ensure the appropriate treatment plan can be implemented.

It is important that this booklet is brought to your appointment completed.

We look forward to meeting you and your child in the near future.

The importance of fluid intake

If your child drinks seven to eight drinks throughout the day, this will train their bladder to hold a greater volume. Ask your child to colour in a smiley face for each drink they have during the day.

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

Steps to developing bladder control

Helping your child follow these simple steps can greatly improve their chances of having dry nights:

Throughout the day:

- Increase fluid intake to reach seven to eight drinks per day
- Use the toilet for a wee regularly (about every two hours or whenever they have a drink)

90 minutes before bed:

- Have a small drink (avoid tea, coffee, hot chocolate, fizzy drinks)

Just before sleep:

- Make sure the bladder is empty (go to the toilet before getting into bed and another just before going to sleep)
- Switch off any lights or TV
- Make sure they are warm enough in bed
- Help them think to themselves “I’ll be dry tonight” or “I’ll wake up for the toilet if I need it”

Throughout the night:

- No lifting—if you wish to toilet your child make sure he or she is fully awake
- If they wake up, make sure they get up and use the toilet (have a torch to hand if necessary)

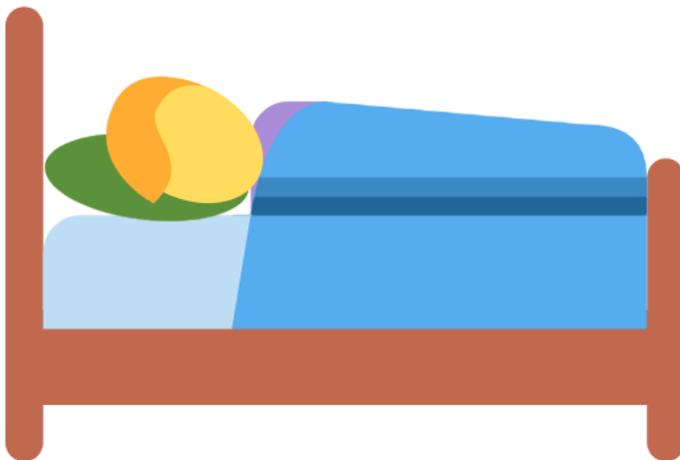
Two weeks prior to your appointment

To help your child begin the process of becoming dry at night, pull-ups and nappies should not be used for the two weeks prior to your confirmed appointment.

We realise this course of action will increase anxiety levels and disturbed nights, but this is an important step as it allows your nurse to understand the frequency of urination through the night.

For bed protection during this time, duvet and mattress protectors can be found at your local chemist or on the 'ERIC' website (www.eric.org.uk/onlineshop).

Please feel free to contact your referring clinician should you require further information.



The 'Making a Start' Chart

Over the next two weeks please fill in the 'making a start' chart on the opposite page. Use the below guidance to complete the table:

1. What type of drink your child had in the two hours before going to sleep.
2. Whether your child is dry or not when you go to bed.
3. Time of parental check.
4. Whether your child woke in the night to use the toilet.
5. Whether your child achieved a completely dry night.
6. If your child was wet, the size of the wet patch. (S=small; M=medium; L=large)

Week one:

Date							
Last drink							
Dry at parental bedtime?							
Time of check?							
Child woke in the night?							
Dry night?							
Size of wet patch?							

Week two:

Date							
Last drink							
Dry at parental bedtime?							
Time of check?							
Child woke in the night?							
Dry night?							
Size of wet patch?							

Food diary

What your child eats and how often they pass stool can have an effect on their bladder. Please pick one day in the week before your appointment and tell us everything that your child ate on that day using the chart below:

Breakfast	
Lunch	
Dinner	
Snacks	

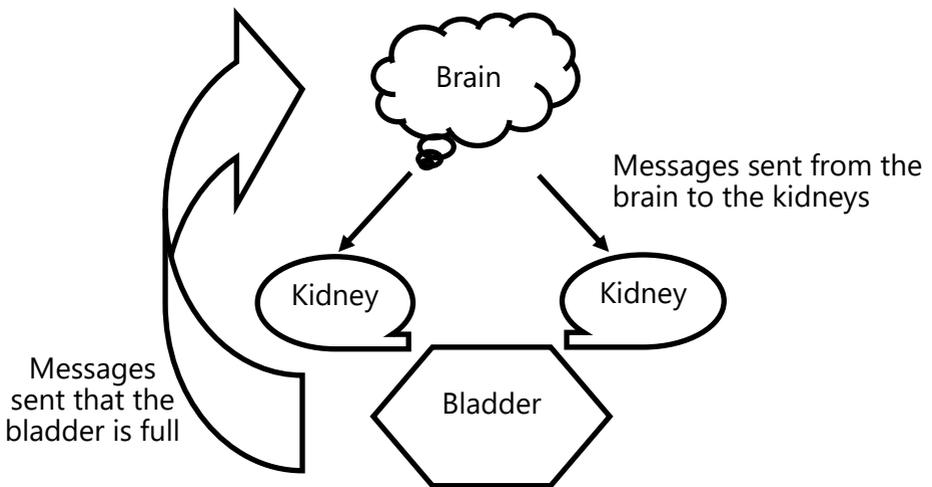
In the week prior to your appointment, please place a tick mark on every day that your child passes stool:

Mon	Tue	Wed	Thurs	Fri	Sat	Sun

Useful information about bedwetting

There are many reasons why people may have troubles controlling their bladder, some of which involve the biological process that includes the brain, kidneys and the bladder.

When your body is working as it should, the kidneys make urine which is collected in the bladder. As it fills, the bladder stretches and sends a message to the brain to notify us that it needs to be emptied. The brain then tells us to go to the toilet. Some people sleep through this message, or their bladder muscle contracts before the bladder is full.



Throughout the night, the brain also produces a chemical called 'vasopressin' which tells the kidneys to make a smaller amount of urine so we can sleep for longer periods without interruption. Some people do not produce enough vasopressin, so the kidneys continue to produce large quantities of urine.

How children feel about wetting the bed

When children have troubles controlling their bladder, they can experience a range of their emotions. Some children may feel:

- Different from their friends or lonely
- Worried about trips or sleepovers
- Sad or guilty—they want to stop wetting the bed
- Angry or frightened because they do not understand why this is happening to them
- Embarrassed—they do not want their friends to know

Roughly 750,000 children in Britain have a bladder control problem. In a class of 30, one or two children will experience this issue.

Important points for parents and carers

Helping a child overcome their bladder issues can be a long process, but it is important to remember:

- The child is not doing this on purpose or being naughty, they cannot help it
- Punishing a child for wetting the bed is not helpful
- Praising and rewarding the child's effort is very helpful— we want to praise them for trying (i.e. going to the toilet before bed), not only for achieving a dry night
- It takes time and effort for some children to be dry at night – this may include extra washing and having to bathe or shower the child before school

Please contact us if you would like the information in another language or different format.

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسيق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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