



## Bed wetting tips

# Bubs under 5 years who wake up when wetting the bed



Different help is needed for bubs that don't wake up when they wet the bed.

1. No nappies or pull ups.



2. Let bub know:

- Sometimes we need to get up at night to go to the toilet.
- The toilet light will be on at night.
- When bub wakes and sees the light on they know "it's time to go to the toilet".



3. For **1 week**, before bed get bub to practice walking from their bed to the toilet and back, **6 times**.

This helps their brain learn the way to the toilet.

**Stop this after 7 nights.**



4. Get bub to drink water regularly during the day and a big drink before bed. During sleep the bladder can tell the brain "it's time to wake up!"



5. Don't wake bub up during the night to take them to the toilet, they won't learn to do it themselves.

6. Use a calendar with bub to mark off their dry nights. Place the **calendar** where bub can see it and celebrate the dry nights.

**Celebrate dry nights ideas:**

- family high five
- make their favourite meal.

Try this for **1 month only**. If there are no dry nights to celebrate let bub know you are proud of them for trying and stop using the calendar.

Put bub back into pullups or nappies and **try again** in a few months.





Government of **Western Australia**  
**Child and Adolescent Health Service**

**Child and Adolescent Health Service**

15 Hospital Avenue, Nedlands, WA, 6009.

Telephone: (08) 6456 2222

Produced by: Enuresis and Contenance Department / Social Work

Ref: 166.1 © CAHS 2021

**This document can be made available in alternative formats on request for a person with a disability.**

**Disclaimer:** This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

© State of Western Australia, Child and Adolescent Health Service.

