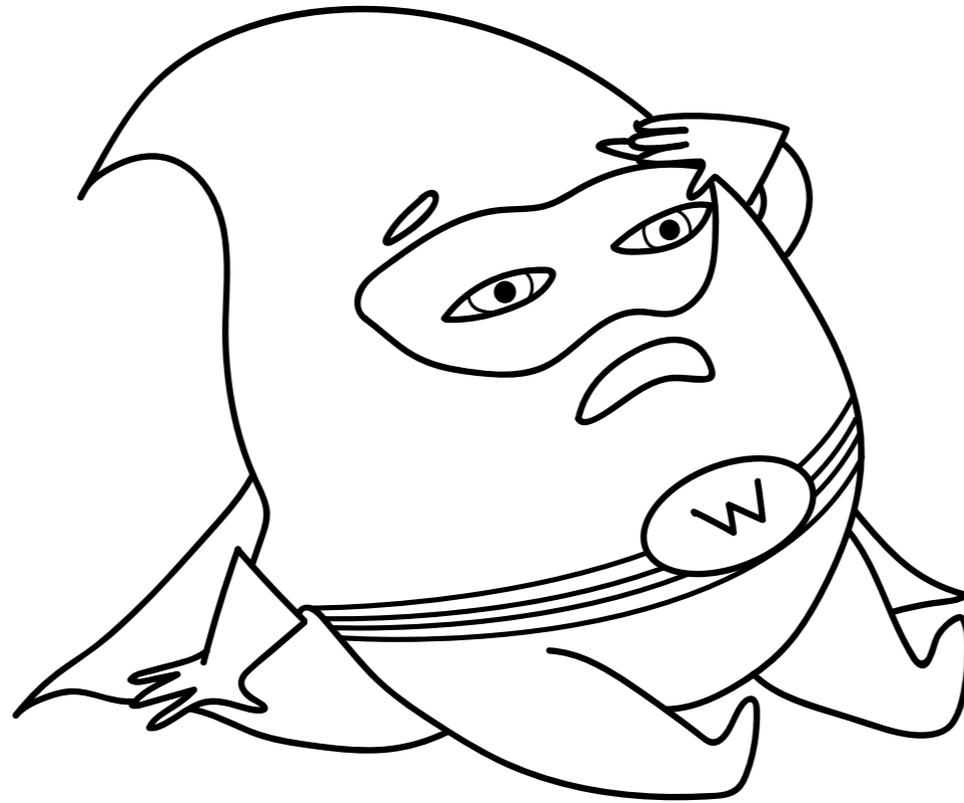


# Colour in Super Wee!

Super Wee's had lots to drink!  
What colour should he be?

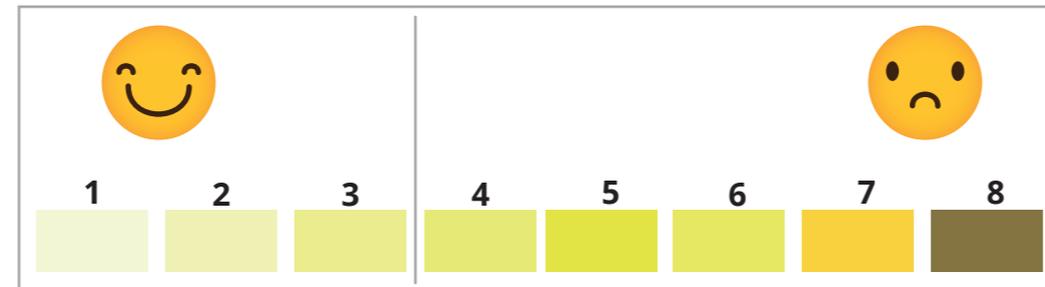


Super Wee is very thirsty!  
What colour should he be?



## What colour is your urine?

Take a look at our handy chart to see what it should be



Children can return their colourings by post to Alina Lynden at ERIC's address, or ask a grown-up to take a photo or scan it and email it to [alina@eric.org.uk](mailto:alina@eric.org.uk). Remember to tell us your name, age and where you live. These can then be featured in a gallery on the ERIC website.

# WORLD BEDWETTING DAY

## TIME TO TAKE ACTION

TUESDAY 30<sup>TH</sup> MAY 2017



[WWW.STOPBEDWETTING.ORG](http://WWW.STOPBEDWETTING.ORG)



Do you worry that it's only you who wets the bed? It's okay, because you're not alone!

Lots of other children wet the bed and we want to tell you that it's not your fault. If you see a doctor or nurse, they can help you find a way to stop it.

### Helpful Tips

1. Have at least 6 drinks spread out evenly throughout the day
2. Make sure you drink plenty of water and try to avoid fizzy drinks
3. Have your last drink an hour before bed
4. Make sure you go for a pee last thing before you go to sleep

### How much should you be drinking?

Take a look at our handy guide for parents

Suggested daily intake of drinks for children and young people		
Age	Sex	Total drinks per day
4-8 years	Female	1000 – 1400 ml
	Male	1000 – 1400 ml
9-13 years	Female	1200 – 2100 ml
	Male	1400 – 2300 ml
14-18 years	Female	1400 – 2500 ml
	Male	2100 – 3200 ml

For more information, please visit our website [www.stopbedwetting.org](http://www.stopbedwetting.org)

Can you put the words in the right places?

Match the words from the list with their right place in our crossword puzzle

### Doctor

Also known as a 'GP', a doctor can help to work out why you have a bladder problem.

### Drinking

To keep your bladder healthy try and have between 6 – 8 drinks a day.



### Water

Drinking plenty of water will help to stretch your bladder and help it store more pee during the day and at night.

### Bedwetting

Pee accidents at night-time which lots of children have.

### Sleep

Bedwetting happens when you're asleep so you can't help it and it's not your fault.

### Toilet

Try to do a pee every couple of hours, don't keep your bladder waiting or it won't work as well as it should!

### Bedtime

Always remember to do a pee before you get into bed and go to sleep so your bladder has been emptied.

### Constipated

If you're not pooing as often as you should (3/4 times a week) or having painful poos you might be constipated and this can cause bedwetting.

### Pee

The colour of your pee lets you know if you're drinking enough – the lighter yellow the better!

### Nurse

You may see a nurse at a clinic, health centre or 'hub'. They can help you to understand why bedwetting happens and find ways to help.

### Bladder

A bag of muscle like a balloon that stores your pee.