

Let's talk about bedwetting

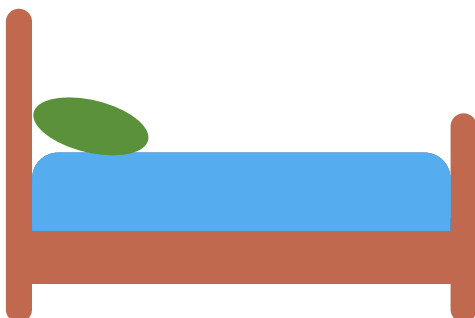
Bedwetting

This leaflet is to help children and young people who wet the bed at night



Bedwetting is when you go for a wee when you are asleep in bed

If you wet the bed you may feel sad or upset



It is not your fault if you wet the bed when you are asleep

Let's talk about bedwetting

What can help me stop wetting the bed?



Have six to eight glasses or cups of water every day



Eat fruit and vegetables every day. This will help you do a poo every day



Do not drink for one hour before bed



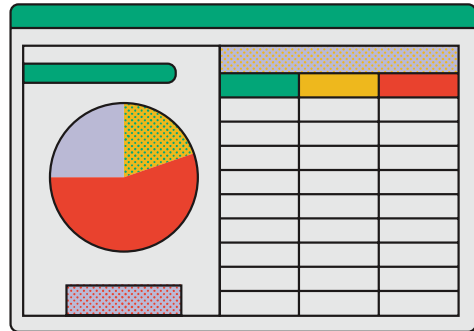
Go for a wee before you go to sleep

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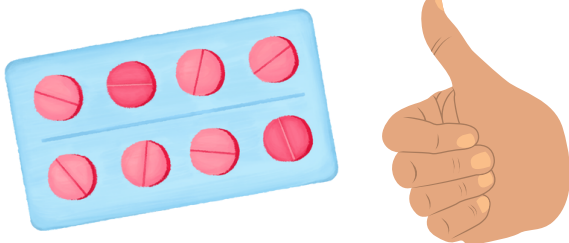
Who can help me?



Your school nurse or doctor will be able to help



You will be asked some questions and may be asked to fill in some charts



Some children may need to take medicine to help them stop wetting the bed



Some children may need to use a special alarm that wakes them up if they wet the bed

There are treatments available that can help you stop wetting the bed

Let's talk about bedwetting



Lots of people have a problem with wetting the bed

If you wet the bed ask for help

There are other easy read booklets about '**Going to the doctor**' and '**Going to the chemist**' which you may find helpful. These are available on the Down's syndrome website:

<https://www.downs-syndrome.org.uk/easy-read-information/>

Bladder and Bowel UK have also developed a booklet about constipation:

<https://www.bbuk.org.uk/wp-content/uploads/2017/05/Booklet-for-people-with-LD-and-constipation.pdf>

