



Top toileting tips

- Use appropriate clothing that is easily removed, such as elasticated trousers.
- Accidents will happen, so clean up the mess calmly.

Never punish your child as this may make her afraid or worried.

- A child's toilet seat should be provided if the usual seat is too big.
- Check daily intake of fluids (6-8 glasses a day)
- Encourage regular toileting (bowels and bladder)
- Be consistent- don't tell your child to go in their nappy if you are out and about.
- One in every six children are not dry at night by the time they start school. Children who wet the bed do not do it on purpose and are not naughty or lazy.

