

Hints & Tips to help manage bladder & bowel problems

Drinking- ensure your child is drinking well during the day

- Give your child a water bottle to take to school.
- Ask school to remind your child to drink throughout the day-especially at break and with lunch
- The drink of choice should be water or weak squash like orange or lemon
- Offer your child a drink after school

Wetting

- With night and day time wetting, try and AVOID red juices/squashes (such as Blackcurrant, Vimto and Fruits of the Forest) as well as fizzy drinks and caffeine drinks. These can irritate the bladder.
- If night time wetting is an issue, try to ensure your child has the last drink of the night around 90 minute's pre bed. Also ensure your child passes urine prior to sleeping (after bath, teeth and bed time story)

Constipation

- Monitor for signs of constipation and observe what your child's poo/stool normally looks like. This can be checked against the Bristol stool chart online. The ideal stool should be a type 4 (smooth sausage)
- If your child is not opening his or her bowels daily or every other day (or leaking stools, they may be constipated) on occasions an increase in fluids and a good varied diet can improve constipation.
- Increase rough fibre (cereal with wholegrain, wheat and oats) also encourage fruit and vegetables.
- Look up the ERIC.org webpage this has lots of information on childhood continence issues.
- If you need further advice or support contact your school nurse, health visitor or GP in the first instance.