

Daytime wetting can be embarrassing. However, it is quite common in children.

What can I do to help my child stop having accidents?

Have your child:

- **Go to the bathroom every 2 to 3 hours** during the day, even at school. Not going often enough can make the bladder tired. That makes accidents more likely.
- **Go to the bathroom as soon as they feel the need to go.** Watch for signs that your child may be waiting too long. Watch for leg crossing, sitting on heels, grabbing private parts, or rushing to the bathroom.
- **Go to the bathroom before** car trips, going to the store, or when a bathroom might not be close by.
- **Drink a lot of water and liquids during the day.** This helps empty the bladder more often. Limit soda, citrus, chocolate, and red and purple liquids. These can bother the bladder and cause more accidents.
- **Spend enough time in the bathroom** emptying the bladder. Going just a little bit may mean an accident soon after going to the bathroom.
- **Try to relax when going to the bathroom. Have your child:**
 - Blow bubbles or whistle.
 - Sing a fun song or the ABCs two times.
 - Read a short book.
 - Use a timer.
 - Girls should sit on the toilet with their feet on a stool if their feet don't reach the floor.
- **Make sure your child has a bowel movement (BM) at least once a day.** A BM should be soft, shaped like a hot dog, and not painful or hard to pass. Small, pebble-like stools, hard stools, and stools that clog the toilet may be signs of a problem. If your child's bowels are backed up with stool, he/she may have more accidents. Their bowels press on the bladder and don't let the bladder work like it should.

Praise small steps or give rewards. Try things like a sticker for every dry day, and then give a small toy after 7 stickers. Do a fun activity when your child remembers to go to the bathroom every 2 to 3 hours.

Your child's healthcare provider will decide if any tests or medicines are needed.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.