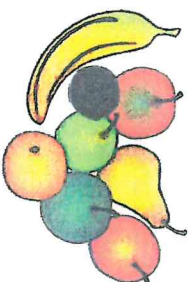
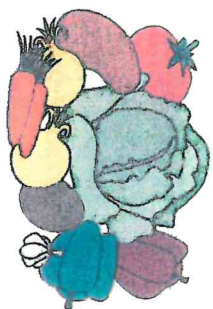


Self-help measures

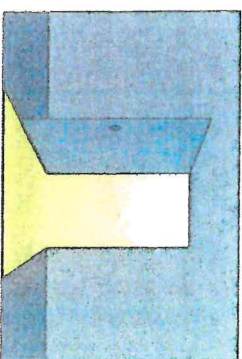
- Have 6 to 8 drinks spread throughout the day
- Aim for 5 drinks by 5 pm



- Have plenty of fruit and vegetables to help prevent constipation

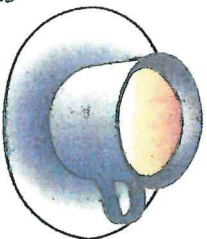


- Have a light in the passage way in case the child is afraid of the dark



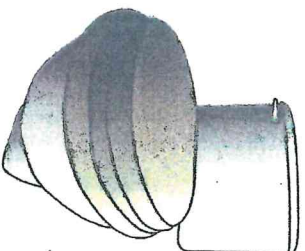
Avoid:

- Fizzy drinks
- Tea
- Coffee
- Hot chocolate
- Blackcurrant

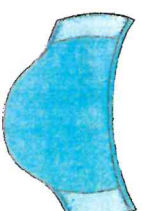


Avoid **pure orange juice** if you have a twitchy bladder (Overactive bladder)

- Easy access to toilet
- Toilet visit before bedtime
- Relax when doing a wee



- Stop wearing nappies or pull-ups



- Protective covers on the mattress, duvet and pillow case

