







Daytime Wetting Self-help measures

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| <ul style="list-style-type: none"> • Have 6 to 8 drinks spread throughout the day • Aim for 3 to 4 of these during the school day  | <ul style="list-style-type: none"> • Eat plenty of fruit and vegetables to help prevent constipation  | <ul style="list-style-type: none"> • Prompt every hour or hour and a half to use the toilet • Encourage to have a wee and try again “count to 10 then try again”  |
| <p>Avoid</p> <ul style="list-style-type: none"> • Fizzy drinks • Tea, coffee, hot chocolate • Blackcurrant/Summer fruits • Citrus juice and squash • Orange juice <p>Try to only drink: Water, apple, mango, peach and pear type drinks</p>  | <ul style="list-style-type: none"> • Relax when doing a wee • Adopt the correct sitting position on the toilet  | <ul style="list-style-type: none"> • Give rewards and praise • Obtain toilet pass for school  |

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