

## THINGS THAT CAN HELP YOU TO SAY "HELLO TO DRY NIGHTS"!

- Ⓢ Remember not to worry
- Ⓢ Try to drink between 1.2 and 2.3 litres, spread evenly throughout the day. Water is the best drink
- Ⓢ Have your last big drink 2 hours before bed. If you need another drink make it a small one
- Ⓢ Eat all your fruit and vegetables. Aim for five portions every day
- Ⓢ Always go for 2 wees before you go to sleep
- Ⓢ Make sure you help when your bed needs changing in the night
- Ⓢ Make sure you fill in your chart to show how you are doing
- Ⓢ Watch out and remember any drinks that make your wetting worse and tell your mum, dad or your carer
- Ⓢ Avoid
  - ✿ Drinks with caffeine in; tea, coffee, hot chocolate
  - ✿ Orange juice, fizzy drinks, blackcurrant
  - ✿ Tomato-based and spicy foods
  - ✿ Putting bubble bath in the bath
  - ✿ Washing your hair in the bath