



NIGHTTIME TOILETING/BEDWETTING

Nocturnal enuresis is involuntary urination while asleep. This can be very challenging for kids with autism, and their families and carers. Most kids aren't able to stay dry through the night until they're 5 or older because their bladders are too small, they lack muscle control, or they sleep too soundly to sense when their bladders are full. **The best thing for you and your family to do would be to try to tackle nighttime toileting.** However, I am aware that some of you have tried everything available and had no luck. I have put some bedding strategies below to try and make it slightly more manageable.

Over the years I have found that nighttime toileting and sleep issues are often interconnected, so I have put some strategies for sleep below. **PLEASE remember that a combination of strategies is often the best way forward!**



Bedwetting Tips: Here are some great suggestions and solutions if you have children over 5 who are still wetting the bed.

I recently received this question from a mother: *"I have an ASD and intellectual disabled child who is 11 and is still in nappies at night he won't wake up and is wetting the sheets what is the best way to tackle toileting at night time please. He is a big boy a size of 15yr old even though he is 11 and weighs about 65 kilos"* and received some excellent responses from my facebook community.



Julie Stewart Speak to your school nurse or GP or Paediatrician. They can get the referrals to access support from specialist Continence Nurse and OT. Lots of really useful ideas from people about what has worked for them. Each situation is unique and it may take a while to find the right combination for your son, but there is potentially a solution out there with the right support. Hope you manage to get some improvement and much needed sleep. Hugs. Jxx

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- ✔ **Set an alarm for once or twice during the night.** When the alarm goes off take your child to the toilet. Although this might take a few months, eventually your child will be able to take themselves to the toilet.



Julie Tait I got an alarm. Persist with it. It might take months. Best thing ever.. but it's not an overnight cure.

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Lianne Ford I set the alarm for twice a night to take my ASD daughter to the toilet when we had to tackle this issue. Took awhile but eventually she formed the habit herself

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- ✔ **Stop drinking 2 hours before bedtime** and go to the toilet RIGHT before bed time.
- ✔ **Bowel movements can impact on night continence**, as a full bowel can put pressure on the bladder. If possible, try and get your child to empty their bowel before sleeping.
- ✔ **Use a pull up** with a booster tab inside for more absorbency.



PROFESSIONAL SUPPORT

- ✔ Occupational Therapists can provide more suggestions and personalised strategies for sensory issues.
- ✔ Incontinence nurses. Before visiting it is beneficial if you track each night/day of your child's toileting schedule. An app called 'My Dryness Tracker' can be very helpful.
- ✔ NDIS funding can sometimes be useful for an assessment on incontinence.



MEDICATION

- ✔ **Minirin melts on the tongue** can reduce overactive bladder.
- ✔ **Minirin spray.**
- ✔ **Desmopressin Spray.**



BEDDING STRATEGIES

- ✔ **Brolly sheets can be put over sheets.** They have a comfortable cotton top but are waterproof underneath so do not soak the mattress. Although these will not reduce the amount of wet beds they are faster to clean up.
- ✔ **Waterproof doona covers**
- ✔ **Mattress protectors**
- ✔ **Continence pads**

If you are having problems with daytime toileting please listen to my podcast here:



TIPS FOR TOILETING