

## HELP! HELP! HELP!

Tell a grown up:

- If you wet when you sneeze, cough, giggle or laugh.
  - If you wet when you don't make it to the toilet quickly enough.
  - If you wet the bed and you are older than 5 years old.
  - If you do little wees very often during the day (more than 8 times a day).
  - If it hurts or burns doing wee.
- Always wash your hands after going to the toilet.**

## Where can help be found?

Continance Advisory Service (WA Branch)

Phone: (08) 9386 9777

Country Callers: 1800 814 925

Your local Doctor

Enuresis (bed wetting) Clinics

## Recommended Fluid Intake

5-8 years 1000mls (4 cups)

9-12 years 1500mls (6-8 cups)

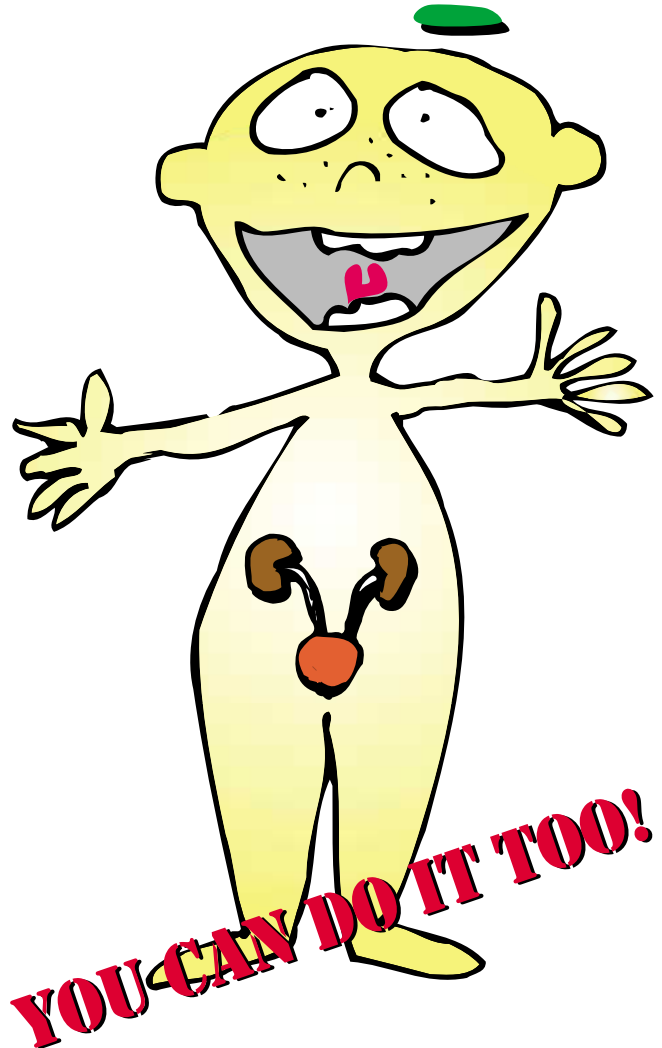
13 years-adults 2000mls (8+ cups)



***Bad bladder habits can make you wet your pants.***

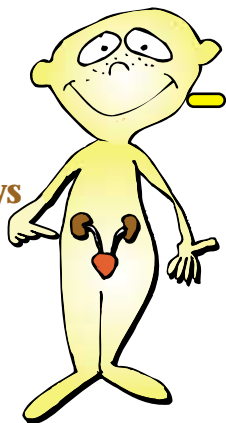
Compiled by Australian Nurses for Continance WA Branch 11/2002

# Good Bladder (Wee) Habits for Kids

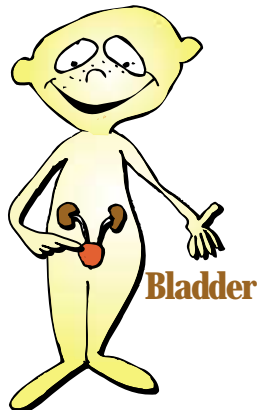


## What Does My Bladder Do?

**Kidneys**

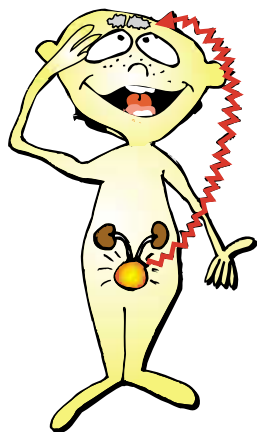


Your Kidneys make urine (wee).

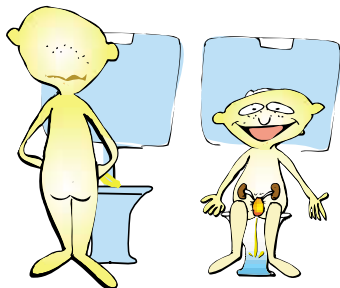


**Bladder**

Your bladder acts like a tank and stores the urine (wee).



When it is time to go to the toilet your bladder tells your brain.



When you are in the toilet, the bladder squeezes and the urine (wee) comes out by itself.

**PLEASE**, look after your bladder or it may learn bad habits.

Bad bladder habits can make you wet your pants.

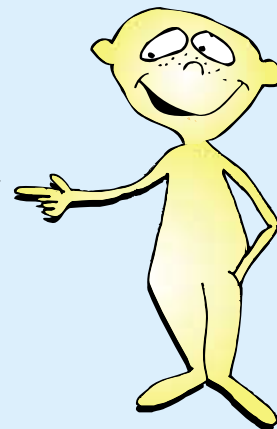
## How Can I Look After My Bladder?

### Number 1:

**Drink plenty during the day – about 6 to 8 big drinks.**

Water is best. Cordial, juice and fizzy drinks are bad for your teeth.

Take a water bottle (500mls = 2 cups) to school and drink it all!



### Number 2:

Don't go to the toilet "just in case"

Let your bladder tell your brain when you need to go to the toilet.

When your bladder tells your brain to go to the toilet, STOP what you are doing and go. Don't hold on too long.

Give your bladder time to empty. When you think you have finished, wait a little longer and see if you can do some more.

Girls: always wipe your bottom from the front to the back.

### Number 3:

Try not to get constipated – this is when your "poo" is too hard or you have to push to get it out.

Have plenty of drinks and eat lots of fruit, vegetables and cereals (like Weetbix® or Vitabrits®).