

Bedwetting Workshop

“Bedwetting is a widespread and distressing condition that can have a deep impact on a child or young person’s behaviour, emotional wellbeing and social life. It is also very stressful for the parents or carers.” (Nice 2010)

The School Nursing Service offer free bedwetting management workshops offering advice to parents and carers of children aged 4-19 years.

This workshop explores:

- What is nocturnal enuresis (bedwetting) and the management
- What causes night time wetting
- How much wee a bladder can hold
- Routines
- The treatments for night time wetting
- Advice and support
- Toileting patterns

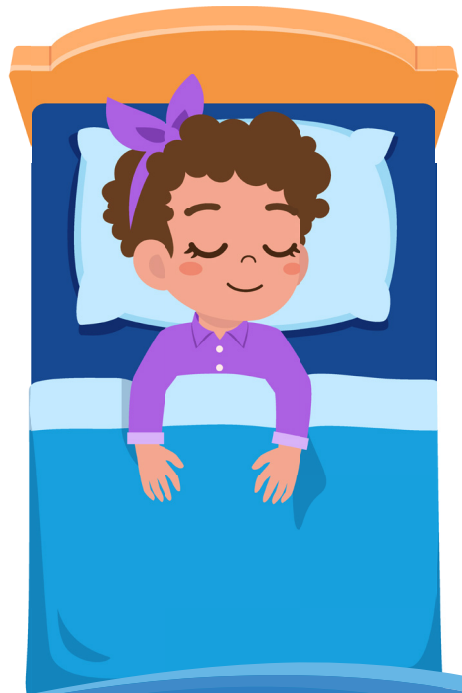
This workshop is delivered virtually via Microsoft Teams.

To book on a session, you can call our Single Point of Access on 01922 423349.

We want to keep these sessions safe and open only to parents/carers of children attending a Walsall school. When you call, we will ask you a few details so that we can verify your child’s details. Once you have booked a workshop, we will then send you an email invite to join that session nearer the time. Your email will be hidden from other parents.

Do you need advice and support about other health issues? We have resources to help you:

- Health for Teen Website for teenagers:
www.healthforteens.co.uk
- Health for Kids Website for children:
www.healthforkids.co.uk
- School Nursing Service Webpages:
www.walsallhealthcare.nhs.uk/our-services/school-nursing
- ChatHealth – text messaging service to contact a School Nurse for advice
 - Teen ChatHeath - **07480 635363**
 - Parent ChatHealth - **07520 634909**



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