

LONDON, September 20, 2013 /PRNewswire/ --

If your child is having 'little accidents' in the middle of the night you may be relieved to know this is perfectly normal. Some children will wet the bed at night even after they are potty trained and remain dry throughout the day.

Bedwetting is actually more common than most people think with 1 in 5 of all five year-olds wetting the bed on a regular basis. What's more most one in ten four to 15-year olds will wet the bed at some stage in their childhood.

To help parents reduce the chances of bedwetting, DryNites® has produced their very own bedwetting checklist for a dry sleep.

#1 - Less drinks before bed time

While it is still important for their overall health to drink lots of water throughout the day, try to cut back on drinks before bed. The emptier the bladder will be the better, and limiting bedtime drinks (especially fizzy drinks) will of course contribute to this.

#2 - Settle into bedtimes

Reducing the anxiety, stress or excitement of bedtime is vital for a good night's sleep. As bedtime approaches, gradually ease your little one into it. Switch off the TV and video games early and encourage activities to calm them, such as taking a warm bath.

#3 - Don't be afraid to take precautions

The DryNites® Bedwetting Checklist

Written by Australian Business

Whether at home or away, DryNites® Pyjama pants provide discreet and unbeatable overnight protection. They allow your child to have a good night's sleep, but also help to protect against any messy accidents.

#4 - Spend some quality time together

Although some children, especially older ones, like to be more independent at bedtime, reading a story together, chatting about their day and having a cuddle can help them settle into bed.

#5 - Use the loo before bed

Using the toilet before bed is a vital part of the bedtime routine. Emptying the bladder will help to minimise potential accidents.

#6 - Be prepared for accidents

Prepare clean pyjamas and sheets to make cleaning up as simple as possible if there is an accident during the night. If your little one has moved on from absorbent underwear, products such as DryNites® Bed Mats can provide mattress protection while still giving your child a restful night.

For further information about bedwetting, visit the DryNites® website <http://www.drynites.co.uk>.

SOURCE Kimberley Clark