

Excerpt from

# PROMOTING A HEALTHY BLADDER AND BOWEL

## Night-time training



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Contribution from

Paediatric Continence  
Scotland



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# What to expect at night

**Focus on getting your child toilet trained during the day before you start leaving their nappy off at night.**

If your child's nappy is dry or only slightly damp when your child wakes for a few mornings in a row, they may be ready to stop using night time nappies.

Ask your child to use the toilet or potty last thing before they settle to sleep and make sure it's close by, so they can use it if they need to wee in the night. There may be some accidents, so a waterproof sheet to protect your child's mattress is a good idea. If your child reaches five and is not dry at night, speak to their healthcare professional.

Just like daytime toilet training, do not punish your child for wet beds. They are not in control of their body during sleep. If things are not going well, stick with nappies at night for a while longer and try again in a few weeks' time.







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