



Nighttime nappies

At night-time more absorbency is required. Your baby is likely to be in a nappy for a longer period and is likely to wet it several times through the night; they don't yet have the control necessary. You probably don't want to be disturbing them in the night to change them. Babies are unlikely to produce any poo until the morning, so wetness is the issue.

Extra layers and or larger nappies can be used at night-time; some nappy systems include an extra pad to increase absorbency for night-time. You may need a larger wrap for this as well. Get to know your baby's habits and adjust accordingly. If the nappy is already snug fitting, consider adding the extra layers outside the nappy under the wrap, - as if it is too tight then some of the liquid can get squeezed out. Make sure any wrap or waterproof pants fit snugly around the legs and tummy to prevent leakages.

If this is still unreliable an extra waterproof pull-up pants can be put over the top of whatever nappy and wrap you are using to hold all the wet in. If you use a breathable pull up pants (nature baby do these) then they don't seem to get sweaty and you are making extra sure. – Great if you are travelling.

If using a prefold and wrap system you may need a few larger nappies and wraps for this purpose, or for a larger baby a small nappy inside the regular one can work well.

Some parents like to use fleece or wool wraps at night as they breathe better than other waterproof wraps, this extra breathable helps the nappy not get to soggy.

Many children do not achieve 100% night time control until several months or even years after learning to stay dry in the day, most parents use a night time nappy for a few months after potty training.

Bradford Real Nappy Project



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When your toddler or young child is first dry in the night praise them and look forward to the time when nappies will not be a part of your life anymore. Once they have had a few dry nights, you can try leaving the nappy off, this often increase the speed they learn as waking in a wet bed can be the best teacher, but only when their bodies are ready for night time control.

A waterproof sheet can be put on the bed and maybe a towel under the sheet which can be taken off and washed easily. You can also buy bed pads that are absorbent with a waterproof backing

It is important to remember that especially with night time that it is outside the child's control – much of the time the wetting happens when the child is asleep. Children who are stressed will wet more at night so making an issue of it will be counterproductive, also expect an increase in wetting if there are still problems when there are changes in your child's life – like starting nursery or school.

It can be useful to restrict fluids in the hour before bedtime as long as the child has had plenty during the day. The key issue is to make sure that the child gets positive feedback for being dry – but doesn't develop a feeling of shame if they can't yet manage it.

20% of 5 year olds still wet the bed occasionally, some regularly. Medical advice is often recommended after the age of 5 to rule out any medical problem, most of the time there will be no medical problem, but it is wise to make sure.

In the early days after potty training the child nappies will still fit – may be with a little extra padding. As the child grows out of these selection of washable bed-wetter pants, and extra large nappies are available – so no need to spend 40 - 50p each for disposable pyjama pants. Contact the nappy project if you want more information on this.