Can you put the words in the right places?

Match the words from the list with their right place in our crossword puzzle

Water
Drinking plenty of water will help to stretch your bladder and help it store more pee during the day and at night.

Bedwetting
Pee accidents at night-time which lots of children have.

Sleep
Bedwetting happens when you're asleep so you can't help it and it's not your fault.

Toilet
Try to do a pee every couple of hours, don't keep your bladder waiting or it won't work as well as it should.

Bedtime
Always remember to do a pee before you get into bed and go to sleep so your bladder has been emptied.

Constipated
If you're not pooing as often as you should (3/4 times a week) or having painful poos you might be constipated and this can cause bedwetting.

Doctor
Also known as a 'GP', a doctor can help to work out why you have a bladder problem.

Drinking
To keep your bladder healthy try and have between 6 - 8 drinks a day.

Pee
The colour of your pee lets you know if you're drinking enough - the lighter yellow the better!

Bladder
A bag of muscle like a balloon that stores your pee.

Nurse
You may see a nurse at a clinic, health centre or 'hub'. They can help you to understand why bedwetting happens and find ways to help.