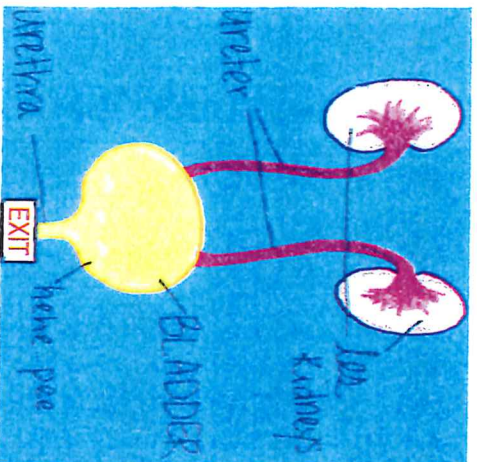


The two kidneys help filter out things that our body does not need. These are called waste products.

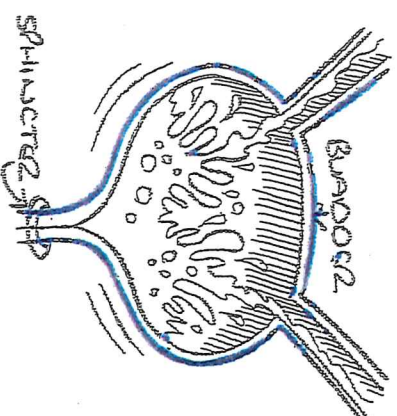
These waste products change into urine (wee), that you get rid of when you go to the toilet.



The wee produced by the kidneys is constantly trickling down tubes called ureters and into the bladder.

The bladder is rather like a balloon that gets bigger as more wee trickles into it. Most children's bladders can hold about one large cupful of wee.

Most of us need to wee about four to six times a day.

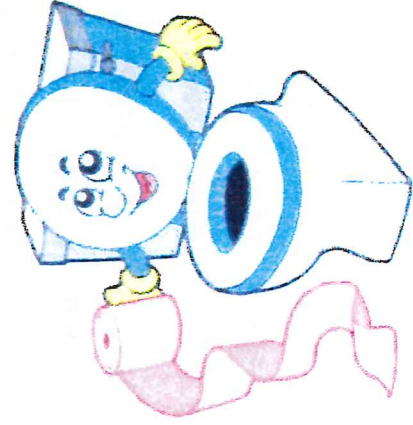


At the bottom of the bladder is a muscle like an elastic band. The muscle is called the sphincter muscle.

As your bladder is filling, the sphincter muscle stays tight to stop the wee trickling out.

When the bladder becomes full, a message goes to your brain telling you that your bladder is full. When this message reaches your brain, these things happen:

1. You feel that you need to go to the toilet.
2. Your sphincter muscle gets tighter, to help you hold on until you can get to the toilet.
3. Once you get to the toilet your sphincter muscle opens and the bladder squeezes the wee out until it is empty.
4. When the bladder is empty, the wee starts to trickle into the bladder again from the kidneys.

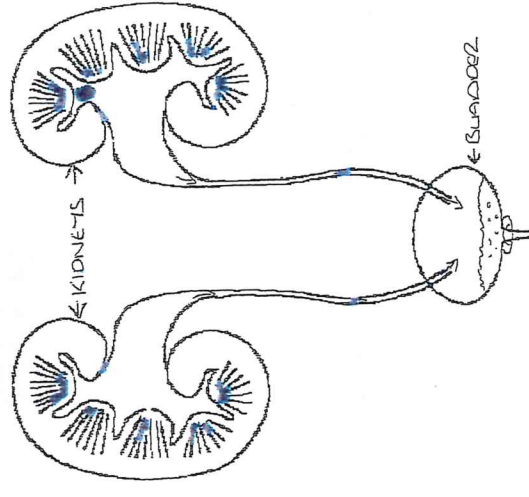


Becoming dry at night can be difficult.

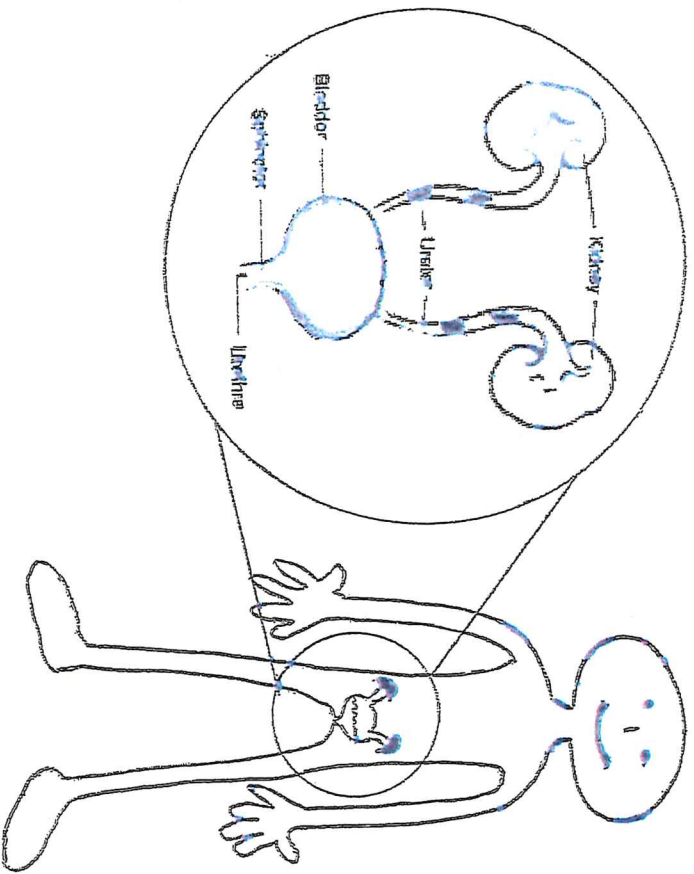
As we grow up all of us have to learn how to be dry. As a baby you wee when you need to, but as you grow up, you hold on until you reach the toilet. Later still you hold on all night and so have dry beds.

It is helpful to understand how your body makes urine or wee and how you learn to hold onto it and go to the toilet when you need to.

Inside our bodies there are parts you cannot see.



These parts have special jobs to do. After you have a drink, parts called the kidneys and the bladder start working.



At night even though you don't drink anything you still make wee. Whilst you're asleep your bladder fills up and when it gets full, it sends a message to your brain and two things happen:

1. You wake and go to the toilet
- Or
2. Your sphincter muscle gets tighter and helps you hold on until morning.



HOW THE BLADDER WORKS

