

Wet Dreams Activities

Question Cards

You could ask your child what should they do if they have had a wet dream in the night and their pyjamas are wet. Should they put them in the wash basket or hide them in their bedroom? What would they do if their bedding was wet? Would they hide it or tell a trusted adult?

Ask your child if they were worried about what's happened, would they keep the worry to themselves or tell a trusted adult?

Wet Dreams Sequence Cards

These cards can be used to help your child understand what to do if they have a wet dream and in what order.

Try mixing the cards up and asking your child to put them in the right order. Discuss with your child why it is important to follow the right order.

Mike's story

This is a resource for you to adapt and use as you feel appropriate for your young person. There are several pictures and some ideas about what you could discuss.

Social Story

A social story helps to support memory and can be accessed whenever it is required. It helps them to access information and reduce anxiety.

You can sit and read it with your child frequently. They may then look at it independently. Having it readily available helps.