



Brolly Sheets Kids™
Big solutions for wee problems



Toilet Training Guide

NIGHT TIME

BROUGHT TO YOU BY THE TOILET TRAINING EXPERTS

BROLLY SHEETS™



Here at Brolly Sheets we have been talking to parents about night time toilet training for over 12 years.

Sadly, for toilet training there is no magic wand I can wave for you, no magic beans or magic words that will miraculously make your child dry at night. Everyone has to go through it and for some it will be quick, but for the majority of us, it will take time. However – by preparing your bed and your child, it can be a little bit easier. This guide covers:

1. When and how to start
2. Handy products
3. Some top tips
4. Bedwetting alarms - why do they work?
5. Free reward chart and certificate download

Check out my eBook (5 Steps to a Dry Night) for a more in-depth look at night time toilet training - available on our website.

Good luck!

A handwritten signature in black ink that reads "Diane". The signature is written in a cursive style with a large, flowing initial "D".



When to start

First of all – day and night time training are undertaken at quite different times. For night time training, most children start around 4 years old with boys being a little later.

Just remember – your child is either physically capable of holding their wee all night (or waking up to wee), or they aren't. If your child is still waking up wet every morning he may just not be ready to be out of nappies and there is no shame in that. Some kids can day train at 2 and still be in pull-ups at 5 or 6. It's just the way they are made and every kid is different.

Doctors consider bed wetting “normal” until about 7-8 years old. After that point they'll sometimes check to see if there are other reasons for bed wetting (infections, diabetes, etc)

HOW TO TELL WHEN YOUR CHILD IS READY

There are definite signs of readiness you should look for before you start. Remember though, not to rely exclusively on these – they are an indication the time may be right.

- Is your child waking up dry several mornings a week?
- If they are waking up wet, check to see if they are weeing just before they wake. (The nappy will be soaked and the urine warm)
- Your child may attempt to go to the toilet or call out for your help.
- Does your child say they want to try without nappies?
- Are they comfortable with the thought of getting up in the night and finding the bathroom?
- If your child wakes up every morning with a wet nappy – they may not be ready

WHAT TO EXPECT

Wet beds and getting up at 2 am. The bottom line is, whilst your child is learning to go dry at night, you will have to get up and change their wet pyjamas and their bed at the same time. At least with a Brolly Sheet, both you and your child are back in bed, and back to sleep a lot faster. A Brolly Sheet means you no longer have to strip the whole bed.

There are two types of bedwetting. The first is when a child has never been dry (primary enuresis) and the second is when a child has been dry for 6 months or so and then starts to wet again (secondary enuresis). My daughter was like this once she started school. Quite often a big change to a daily routine like starting school can result in your child being so tired, they just don't wake up in time, and go from being dry to wetting again.



HOW LONG WILL IT TAKE?

Some kids will be dry within a couple of weeks, others will take months or years. If your child is over 7 and still not dry make an appointment with your GP to check that there is no urine infection (UTI) or constipation. Psychological reasons may also be an issue. If a child is a deep sleeper and being wet doesn't wake them, then a bed wetting alarm may help. There is more about alarms on page 8.

Did you know bedwetting runs in families? So if you were a bed wetter, there is a 44% chance your child will be late at getting dry. If both you and your partner were bed wetter's, this increases to a 77% chance you child will have problems.

Bedwetting is extremely common in children under six and is considered a natural part of development and most children eventually grow out of it.

In a school class of 30;

- At the age of five there will be five or more children in the class who are still wetting the bed at least twice a week.
- At seven years, there will be about two in the class who still wet the bed at least twice a week.
- At 10 years old there will be one or two children and in the first year of secondary school there will be one child who still wets the bed.
- In Year 10 (15 year olds) there will be one in every two classes.





HANDY PRODUCTS

We believe that washable, reusable products are better for the environment and also play an important part of your child learning the feeling of wetness. If you are prepared for accidents, (and they will happen) then it's a little less stressful, a little less hassle and a lot less laundry.

Here at Brolly Sheets, we have all of the below products on our sites www.Brollysheets.co.nz and www.brollysheets.com.au.



BROLLY SHEETS

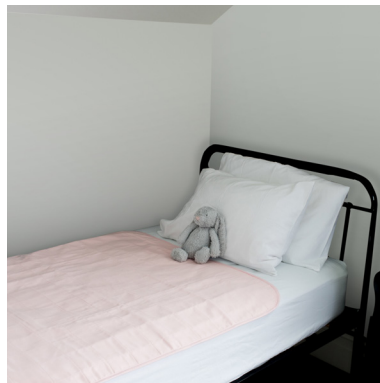
Of course we have to start with a Brolly Sheet. A cotton topped, washable bed pad - it makes changing a wet bed at 2 am a breeze. They fit over your bottom sheets with the sides tucked under the mattress. Your child sleeps directly on the 100% cotton top. When your child wets - you just change the Brolly Sheet at 2 am - no more stripping the whole bed. Getting yourself and your child back to sleep faster. Brolly Sheets come in a range of bed sizes and colours.



FITTED MATTRESS PROTECTOR

These go under the bottom sheet. Takes longer to change so handy to just leave on all the time and use a Brolly Sheet for quick changes.

In fact we have them on every bed in our house to help protect against dust mites and keep the mattresses free from stains and spills.



BED PAD

Still part of the Brolly Sheet family, but without tuck in wings.

This makes them easier to change (especially on top bunks) but can move around. So not so good if you have a wriggly child.



PILLOW PROTECTOR

You will be surprised where wee can end up. Our pillow protectors are soft, quiet, comfy and waterproof.

Easy to wash, they protect your pillows from dribble, sweat and the occasional wee. So quiet you will not even know they are there. Say goodbye to stained, manky pillows. Great for every pillow in the house.



NIGHT LIGHT

A night light can work wonders for helping your child feel confident at night to go to the toilet. Getting up in the dark can be a scary thing. Plus - it will help you change a wet bed in the middle of the night without having to turn the main light on. Check out our range of night lights online.



DUVET PROTECTOR

For those of you who have a boy that wets "up" or a child that likes to wrap themselves up in their top layers - a protector is a great idea.

Our Brolly Sheet duvet protectors have mesh corners which help with breathability, plus allow water to easily drain in the washing machine.

We also have waterproof flat sheets to protect the upper layers.

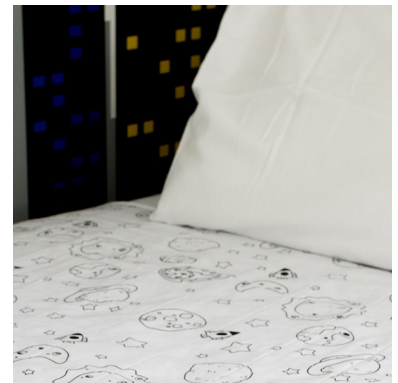


BED WETTING ALARMS

Brolly Sheets stock Dri Sleeper alarms which are made in NZ and rated as a USA medical device. We have them in both wired and wireless units.

A bed wetting alarm sounds when moisture hits the sensor, thus waking up the child and starting the process of learning to be dry.

Alarms have a great success rate – but they are loud and they do require getting up in the night. We recommend you check out the reviews on our website and see what other parents have to say.



SLEEPING BAG LINER

I have not come across any sleeping bag liners that are really absorbent. Mainly, I think because they would be too hard to wash and dry out again whilst camping.

Our Brolly Sheet liners are designed for young children that are almost toilet trained and just want some extra piece of mind whilst away at camp or on holiday. They are 170 cm x 70 cm and fit inside most standard child sized sleeping bags.

Check out Diane's Toilet Training eBook for a more comprehensive guide to toilet training.



Top Tips

Just remember – you are not alone. There will be thousands of children waking up wet this morning across New Zealand and Australia and it is nothing to do with your parenting skills or your child's intelligence.

- If you feel your child is ready, get them out of disposable nappies and pull ups. Your child needs to feel wet for the brain to start to learn what it needs to do to be dry.
- Get a couple of Brolly Sheets. At 2 am, you want the fastest way possible to change a wet bed so you can both get back to bed as soon as possible. A Brolly Sheet is a cotton topped pad that goes on top of the bottom sheet, your child sleeps on top. So at 2 am you are just changing the Brolly Sheet not stripping the whole bed. It needs to be a decent size pad and have tuck in wings to hold in place.



- ◆ If your child has plenty to drink during the day, they should not need a drink after dinner. Restricting fluids before bed will not stop bed wetting, but it will help your child last through the night if they have a small bladder. What goes in – must come out.
- ◆ Medication. There is medication that is available to use on a short term basis – Desmopressin is one. Very handy for school camps and sleepovers. It is not a cure but can help in social situations. Check with your doctor.
- ◆ Don't start toilet training the week before you go on holiday, or just before you deliver a sibling. Night time training takes time and patience from you both.
- ◆ Do involve your child in preparing the bed, talking over how they may wet and it is no big deal. If you use a Brolly Sheet, tell them it is made to be weed on.
- ◆ Do think about the extra laundry. Is spring summer a better time to start?
- ◆ Set a routine bedtime for your child. Over tired children fall deeply asleep and have a harder time waking up to go to the bathroom.
- ◆ For your child, a dark house can be scary. Leave the hall or toilet light on so it isn't so dark to get up in the night.
- ◆ Leave a night light on, it makes it less scary for your child, plus gives you a little light to change the bed.
- ◆ Dream Wee. Some parents get their child up for a wee before they (the parent) goes to bed. If you do do this, make sure they are awake.
- ◆ Check your child isn't constipated as this can affect night time dryness.
- ◆ Keeping a record or chart will help you understand how often your child is wetting and a star chart will help your child. Remember – night time wetting is out of their control, so reward things that are in their control like going to the toilet before bed.



Bedwetting alarms



CONDITIONED LEARNING

Bedwetting Alarms work on the principle of Conditioned Learning. This principle was discovered by Pavlov, a Russian psychologist in the early 1900s.

He found that if a powerful stimulus is associated with a neutral one, then after a time the neutral one acquires the same strength as the powerful one. In his work with dogs Pavlov found that putting food in a dog's mouth was a powerful stimulus triggering the production of saliva. He then experimented with ringing a bell each time he gave the dog some food and after a time he found that simply ringing a bell would result in the dog producing saliva.

People are also affected by this kind of learning and mostly we are completely unaware that it is happening. Whenever a powerful and neutral stimulus occur together a link is made.

In the case of a bed wetter, the sensation of a full bladder should trigger awaking but it doesn't. However, the sounds of a loud noise can trigger waking and cause an immediate contraction of the external sphincter muscle which stops the flow of urine from the bladder.

If a powerful stimulus (alarm) is associated with a neutral one (wetting the bed) then after a time the neutral one requires the same strength as the powerful one.

The solution is to pair up the feeling of a full bladder with a loud noise so that, in time, the sensation of a full bladder will do the waking just like a loud noise.

Alarms work by placing a sensor in the child's underwear that sounds an alarm when a small amount of urine is released, waking the child up. Over time the child gradually learns to associate the sensation of a full bladder with the need to awaken.

HOW LONG WILL IT TAKE?

From a few weeks to a few months. Some bed wetter's, who are particularly deep sleepers, may take longer and require more encouragement and help from parents to make sure they wake in response to the alarm. Read one parents story on page 10. Brolly Sheets has free downloadable progress charts – see the back of this guide.

THE DIFFERENCE BETWEEN WIRED AND WIRELESS ALARMS

Like many other types of technology, alarms come both wired and wireless. They do the same job, the difference is in ease of use and price.

Wired alarms are a lower price and have a wire (85 cm) connecting the sensor in your child's underwear to the base on the bed side table. Wireless alarms are just that. The sensor and unit are not connected and like most wireless technology, this comes at a higher cost.



STILL THE OLD BULKY ALARMS OF THE PAST?

“ As a bed wetter for many years, I was terrified of the “big buzzer” my parents bought. 40 years later, this tiny, discreet unit from Brolly Sheets has been a huge success. My 5.5 yo son, who needed 3 nappies at night, is now leaping out of bed at the right time, and not a drop gets on his sheets. We love it! Soon he plans to do some sleepovers at friends’ houses. We’re all delighted! “

FAQS on alarms

WILL I NEED TO GET UP?

Yes. Support may initially involve ensuring your child responds to the alarm in the night by going to the toilet and preparing the Urosensor™ for immediate re-use. Encouragement will involve praise for any and all progress made towards the child’s goal of ending his or her bedwetting.

HOW LOUD ARE THEY?

DRI Sleeper® alarms are designed to wake children rather than provide audio entertainment or ineffective, battery consuming, alternatives to sound such as vibration or flashing lights. The Urosensors™ respond to small amounts of urine by emitting a loud alarm around 95dB at 3.3 kHz, a frequency that has been established as one to which the human ear is especially sensitive.

ARE THEY SAFE?

Dri Sleeper alarms are New Zealand made. Independently assessed and certified annually by SAI Global as meeting the internationally recognized standards for design and manufacture of medical devices.

HOW SUCCESSFUL ARE THEY?

DRI Sleeper® alarms have been curing bedwetting since 1979 and have up to an 80% success rate according to independently audited annual surveys

FALSE TRIGGERS

- The child is sweating. If this is likely we suggest burying the sensor deeper in the placement medium or turning the sensing strips away from the body
- The child is playing with Urosensor while it is in place – damp fingers can trigger the alarm



- There are other transmitting devices in the child's room that are interfering with the transmission from the sensor, e.g. baby monitor, night light, i-pod docking station. We recommend that all transmitting devices are turned off or removed during the training period.

NOT TRIGGERING?

- The alarm has been turned off (sometimes children do this during the night so they don't get woken up!)
- The sensor has not been placed close enough to the wetting area or it has moved away from the wetting area during the night (how is the customer placing the Urosensor™ in the child's underwear?)
- The placement medium e.g. mini pad or pull-up, contains absorbent gel which absorbs all the moisture preventing sufficient getting onto and between the sensing strips on the Urosensor™
- The Urosensor™ has not been rinsed and dried properly after a wetting event so that it resets. If it does not reset then it will not trigger the alarm at the next wetting event.

A CUSTOMER'S EXPERIENCE

"My 7 year old son has NEVER been dry in his life. Every night he was SATURATED and leaked through pull ups through the bedding. It was his decision to order his alarm as he was desperate to be dry and 'normal'. We ordered the DRI Sleeper Excel alarm.

Week 1-2 Absolute hell. It was like having a newborn again. Up 3-4 times a night, racing to the toilet with a boy who was in a deep sleep. By the second week our boy was carefully cutting into sanitary pads (for his alarm), all lined up ready for the night ahead. He took full control of his treatment but we were exhausted.

Twice we turned the device off overnight (without his knowledge) just to get some much needed sleep. He didn't remember many times despite using a cold cloth on his face and turning the lights on. By the second week I was over it. No improvement. I broke down at workbut was encouraged by a colleague who told me to keep going for at least 4 weeks. It felt like forever but we kept going.

Week 3-4 Only twice a night! I couldn't believe it. But still hard work. I was doubtful it would ever work. Then, out of the blue, he had a dry night!!...

Fluke? One off??? Then....

Week 5 - DRY!

Week 6 - DRY!

and so on and so on and so on!!!

From the first night he was dry he has NEVER had an accident since. He raced around the house with joy, saying 'my brain has woken up, my brain has woken up!!!!'".



It's now 6 weeks since his first dry night. He is the happiest and proudest kid on earth. I'm still pinching myself that it worked. In reflection I wish I'd gotten the wireless version but it still did a great job.

Words can't express how this has changed our sons life and ours. We have given away all his pull ups and we are all well slept. I can't thank you enough."

- Debbi, Australia

TESTIMONIALS

" We bought the wireless sensor (just tuck the wetness sensor into the nappy) and it worked! Our 5.5 year old was a very heavy wetter (needed a disposable AND thick bamboo cloth nappy at night). We used the sensor and within 2 months he was dry. So we've lent the gadget to a friend for her son. It's magic!"

" Best thing I ever did! Daughter was ready to stop wetting bed. She just couldn't wake up! I put the sensor in the gusset of her knickers instead of mini pads! It was super sensitive! 3 nights and we have been dry over a fortnight!"

" My daughter is 7 and has never gone more than a few nights dry as she is a very heavy sleeper. We bought the wireless alarm just over 3 weeks ago. Wow! After a few nights of waking up to the alarm she started waking up to go to the toilet and is now on a run of 10 nights straight dry. She is so proud of herself"

Check out some
of the many product reviews
we have online to get the good
and the not so good stories
straight from other parents...



Reward charts & certificates

STAR CHARTS FOR BEDWETTING

Rewards can be used to reinforce behaviour aiming at dry nights and helps to maintain self-image. Star or sticker charts are a reward system to encourage desired behaviour changes, such as going to the toilet before bed.

They can be useful for decreasing the impact on the parents - for example, older children can easily remove a Brolly Sheet during the night, get changed into dry pyjamas and go back to sleep, all without disturbing mum or dad. By rewarding this helpful behaviour, the bedwetting becomes far less of a problem for everyone. Rewards should be used with lots of praise smiles and hugs.

Sometimes a positive comment e.g. "I like the way you go to the toilet before bed" combined with a hug is all that is required.



WHAT BEHAVIOURS TO REWARD

- ♦ Keep things simple and reward effort rather than result - remember keeping the bed dry is not directly under the child's control
- ♦ Behaviour rewarded needs to be defined, clear and observable
- ♦ Reward small steps - break the behaviour down to achievable goals
- ♦ Allow early success and rewards
- ♦ Avoid different rewards for different behaviours
- ♦ Highlight behaviours one at a time
- ♦ Change the menu from time to time

EXAMPLES OF BEHAVIOUR THAT CAN BE REWARDED

- ♦ Going to toilet before bed
- ♦ Getting up to go to toilet
- ♦ Getting up to the alarm
- ♦ Helping to change wet sheets
- ♦ Stop functional payoff e.g. not going to parents' bed after wetting.
- ♦ Not having temper tantrums

BE CAREFUL!

- ♦ Stop if your child is bored or can't achieve goals, this can undermine their confidence
- ♦ Review the information on how to tell if your child is ready to be dry at night! Many children are not ready until well after they are 4 years old, and trying to 'train them' with a sticker chart will not work if they are not physically capable of staying dry - especially true with boys!

HOW TO REWARD

- ♦ Make the chart interesting and attractive; An older child may prefer a diary
- ♦ Negotiate rewards the child truly values, but do not "break the bank."
- ♦ A limited choice of items gives mastery
- ♦ Allow your child to reward the whole family e.g. play at park, video rental
- ♦ Immediate reinforcement is best - use a token or sticker to swap later
- ♦ Once the reward is given, it should not be taken away
- ♦ Always give praise and encouragement



EXAMPLES OF REWARDS

Best rewards cost time rather than money. These might be given after 10 stickers on the chart.

- Special time with parents, e.g. 10 minutes extra playtime with parents
- Extra privileges at home, e.g. choosing dessert for family
- Special activities outside
- Trip to park
- Choosing a favourite cereal at the supermarket
- Coin or \$2 shop
- Going to bed 15 minutes later than normal.



Congratulations!



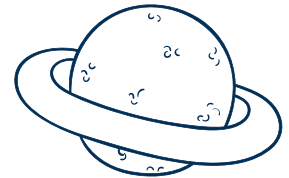
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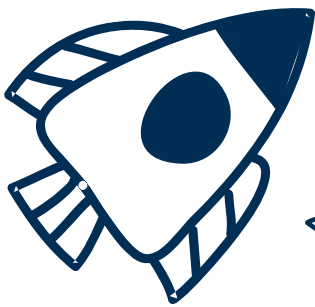
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You are a star!



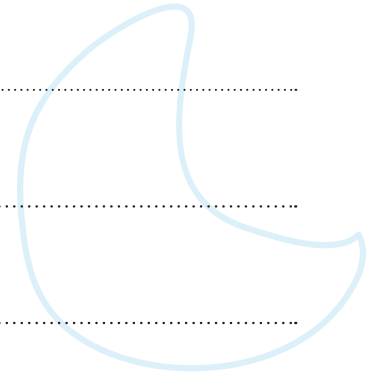
Congratulations!



For



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You are a star!





Rewards chart
for doing
these things
every day

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Well done!



MON	TUES	WED	THURS	FRI	SAT	SUN
MON	TUES	WED	THURS	FRI	SAT	SUN
MON	TUES	WED	THURS	FRI	SAT	SUN
MON	TUES	WED	THURS	FRI	SAT	SUN



Brolly Sheets
Kids 

Colour one star for
every dry night

You are a star!



WHERE ELSE CAN I GET HELP?

- ♦ The NZ Continence Association:
0800 650 659
www.continence.org.nz/bedwetting
- ♦ Continence foundation of Australian
1800 33 00 66
www.continence.org.au
- ♦ Talk to your local GP

NEED MORE HELP?

BOOT CAMP

We have set up a free Day Time Boot Camp and a Night Time boot camp where you get a daily email for 7 days with tips and advice. Go to the footer of our website and click on 'Boot Camps'.

FACEBOOK GROUP

In addition to our Brolly Sheets Facebook page, we have a closed Facebook Group where you can post questions and Diane, one of the team or someone else in the group will answer as best they can. Request to join through our Boot Camps.

On our website we have a large library of articles with help and advice such as:

- ♦ Another trick for a dry night.
- ♦ What is a dream wee?
- ♦ Why get your child out of disposables at night?
- ♦ How your brain learns to wake you up when you pee

and more.

PLUS

Diane has written a 50 page eBook that expands on many of the points in this guide.

NZ Ebook: <https://www.brollysheets.co.nz/products/5-steps-to-a-dry-night>

AU Ebook: <https://www.brollysheets.com.au/products/5-steps-to-a-dry-night>

DISCLAIMER

I am not a continence nurse or Doctor. Any parenting or toilet training advice given is based on my experience with my own children, or from talking to thousands of parents over the years. It is from my own thoughts, conversations and opinions, and is not intended as medical advice, nor intended to replace any medical advice given by a doctor or health professional.

Diane Hurford, Brolly Sheets founder.

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