



DRI Sleeper Bedwetting Alarms

# Night Toilet Training Guide



## ***What is Night Toilet Training?***

Night toilet training is a set of methods and tips that help children overcome bedwetting faster. Use this guide only if:

- your child is age 4 or older, **and**
- they wet at night more than twice a week, **and**
- they've never been dry every night for more than two weeks, **and**
- there's no medical problem that might make bedwetting worse, like a bladder infection (UTI), constipation, diabetes or sleep apnoea. Take your child to a doctor if you think any of these may apply before using this guide.

### ***How to use this guide***

1. **Print it**, fill in the charts and check off the boxes.
2. **Start today**.
3. **Try to complete all the steps**. One small change may be the puzzle piece that matters for your child.

### ***Step 1: 4 Day Bladder Diary***

Keeping a 4 Day Bladder Diary will show you if your child:

- is drinking enough
- has the right bladder capacity for their age
- is weeing as often as they should, or too often.

### ***How to complete the Bladder Diary***

It's easiest to do over a weekend or holidays. Here's how.

- When they use the toilet, ask your child to pee into a measuring jug. If it's too awkward, they could use a bucket or potty, which you then pour into a measuring jug.
- Overnight, use a nappy or diaper and:
  1. Weigh the dry nappy.
  2. Weigh the wet nappy in the morning.
  3. Subtract dry weight from wet weight. The difference in grams is the number of milliliters (mls).
  4. Add the volume of the first wee of the morning. The total is the **overnight urine volume**, which goes into Box C.

DAY 1				DAY 2				DAY 3				DAY 4			
Time	Drink Type W = Water F = Fizzy M =Milk J = Juice O = Other	Drink	Urine Volume (mls)	Time	Drink Type W = Water F = Fizzy M =Milk J = Juice O = Other	Drink	Urine Volume (mls)	Time	Drink Type W = Water F = Fizzy M =Milk J = Juice O = Other	Drink	Urine	Time	Drink Type W = Fizzy F = Fizzy M =Milk J = Juice O = Other	Drink	Urine Volume (mls)
Total drink volume		A		Total drink volume		A		Total drink volume		A		Total drink volume		A	
Largest pee of the day (not including first)			B	Largest pee of the day (not including first)			B	Largest pee of the day (not including first)			B	Largest pee of the day (not including first)			B
Overnight urine volume			C	Overnight urine volume			C	Overnight urine volume			C	Overnight urine volume			C

## ***Expected drinking and bladder capacity***

Age	Daily Drink Volume Largest of boxes marked A			Bladder Capacity Largest of boxes marked B			Overnight Urine Volume Largest of boxes marked C	
	Normal for Boys	Normal for Girls	My Child	Normal	Small	My Child	Excessive	Normal for Boys
5	1000 to 1400 mls	1000 to 1400 mls		180mls	115mls		235mls	
6	1000 to 1400 mls	1000 to 1400 mls		210mls	135mls		275mls	
7	1000 to 1400 mls	1000 to 1400 mls		240mls	155mls		310mls	
8	1000 to 1400 mls	1000 to 1400 mls		270mls	175mls		350mls	
9	1400 to 2300 mls	1200 to 2300 mls		300mls	190mls		390mls	
10	1400 to 2300 mls	1200 to 2300 mls		330mls	210mls		430mls	
11	1400 to 2300 mls	1200 to 2300 mls		360mls	230mls		470mls	
12+	1400 to 2300 mls	1200 to 2300 mls		390mls	250mls		505mls	

### ***What to do about diary results***

Not drinking enough, small bladder capacity and too much overnight urine can contribute to bedwetting. Here's what to do if your child's results are outside the normal range.

**If your child is not drinking enough:** Give them more to drink during the day, but avoid drinks close to bedtime. If your child is at school or being cared for during the day, give them a 750ml water bottle divided into three 250 ml levels. Ask them to drink the first part mid-morning, the second part at lunchtime and the last part mid-afternoon (or when they leave school).

**If your child has a small bladder capacity:** Ask them to drink glasses of water or milk all in one go, rather than sipping.

**If your child is peeing less than 4 times a day:** Remind them to go more often. Make sure they empty both bladder and bowel before bed.

**If your child's drinks contain sugar, caffeine or artificial sweeteners:** These cause the body to produce more urine. Replace them with water or milk. Check the label on drinks that seem healthy, like juice, yoghurt drinks or smoothies – they can be high in sugar or artificial sweeteners.

**If your child's overnight urine volume is too high:** Take them to see a doctor. It may mean their body is not producing enough of a hormone that reduces urine at night, called anti-diuretic hormone. Medication may help here.

**For all children:** Constipation can cause bedwetting. Avoid it by making sure your child eats plenty of high-fibre food: fruit and vegetables with the skin on, nuts, seeds, and whole grains. Reduce starchy food like pasta, noodles, white bread, pizza, crisps, French fries, low fibre cereal and rice cakes.

### ***Step 2: 14 Night No diaper Trial***

The next step is for your child to go 14 nights without a nappy (diaper). Going without night nappies boosts a child's confidence. If they wet, without a high-absorbency diaper, the wet feeling may help them 'click' (learn) they can avoid it in future.

While you're doing the trial, make sure you also complete steps 3, 4, 5, 6 and 7, which follow.

Night	Time checked	Wet or dry? W / D	Woke when wet? Y / N	Size of wet patch S / M / L	How many wets if known?
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

### ***Step 3: Have the Right Attitude***

- Relax! Treat bedwetting as just another part of life.
- Talk with your child about how great they'll feel when they stop wetting the bed.
- Let them know they can wake you if they need help during the night.

- Give plenty of praise when your child gets up to use the toilet in the night. Reassure them gently if they wet.
- Be realistic. All children, even siblings, are different when it comes to learning not to wet the bed.
- Banish shame and punishments: children don't wet the bed for attention or to annoy parents.
- Talk privately with siblings and important adults in your child's life. Ask them to show the same positive attitude around the child's bedwetting.
- If your child becomes anxious, take a break from night toilet training for a few weeks.

#### ***Step 4: Build Skills and Routines***

- Avoid exhaustion during the day. Your child may find it easier to wake in the night if they're not overtired, and they'll have more energy to learn new things.
- When your child pees during the day, suggest they sometimes try to stop the flow mid-stream. This may help them know the feeling, so they can do it when they wake at night.
- Have a consistent, calm bedtime routine.
- Make sure your child pees and empties their bowel before bed. Ask them to relax on the toilet for a minute to get it all out.
- Make relaxing listening part of their bedtime routine.
- Download a free Relax and remember MP3 at [www.dri-sleeper.com](http://www.dri-sleeper.com). Your child can drift off while listening to relaxing messages that aim to help them stop bedwetting.

### ***Step 5: Small things Matter***

- Make sure the way to the bathroom is well lit.
- Check the temperature is at least 68°F or 20°C.
- Check your child can get out of their nightwear easily. Replace one-piece pyjamas with two-piece. Look for elastic waists without ties or buttons.

### ***Step 6: Keep them Clean and Dry***

- When your child wets the bed, make sure they go back into clean, dry nightwear and bedding.
- Involve your child in helping to change their bed linen when they wet. Treat it as a responsibility that will build their confidence, rather than a punishment.
- Make sure your child bathes or showers every morning so there's no smell.
- Use waterproof bedding, like Brolly Sheets.

### ***Step 7: Use their Imagination***

- Children are often motivated to stop bedwetting when an event like a sleepover, school camp or holiday is coming up. At these times, ask your child to imagine how much more they would enjoy these events if they didn't have to worry about wetting the bed.
- When your child needs to use the bathroom during the day, ask them to wait a few moments, lie on their bed and close their eyes. Ask what picture comes to mind when they feel their full bladder. Children come up with all kinds of amazing images – from footballs to fish tanks! Having a picture for the feeling can help them wake from sleep when it happens.



## Step 8: Review your No Diaper Trial

What happened during your 14-night No-diaper Trial? Here are some things you should consider.

- Is your child often wetting more than once a night, or having large wet patches? This may mean twitchy bladder or low anti-diuretic hormone (ADH) levels. Take your child to see their doctor and ask for a referral to an enuresis (bedwetting) specialist.
- If bedwetting didn't reduce during the trial, it's time to **start using a bedwetting alarm and a Reward Chart.**

## Step 9: Get a Bedwetting Alarm

With a bedwetting alarm, most children stop wetting the bed within 3 months.

- Go to [www.dri-sleeper.com](http://www.dri-sleeper.com) and add <code> at checkout for a X% discount.
- Follow the alarm's instructions, especially your child **practicing with the alarm** 4 times a night for the first 7 nights.
- Ask for help if you need it. DRI Sleeper gives free beating bedwetting advice. Email [adviser@dri-sleeper.com](mailto:adviser@dri-sleeper.com) or find free phone number at [www.drissleeper.com](http://www.drissleeper.com).

**How to help your child practice with the alarm**

- 1** Explain what they need to do. Walk through if needed.
- 2** Child gets into bed and closes their eyes.
- 3** Turn on the alarm and trigger it by putting something metal on the detector.
- 4** Child gets out of bed and goes to the bathroom.
- 5** Child pretends to pee.

Repeat 4 times

Practicing their alarm response 4 times before bed, for the first 7 nights, gives kids the best chance of responding from sleep

## Step 10: Use a Reward Chart

A reward chart helps children of any age feel more positive and motivated to stop bedwetting.

### How to use the Reward Chart

#### 1. Involve your child in deciding their rewards.

- Write them in the table that follows.
- Small rewards could be something they can collect to make a set, like stickers or figurines. Larger rewards could be an outing or activity. Avoid sweetened, caffeinated or artificially sweetened food or drinks – they may make bedwetting worse.
- It's up to you whether you reward smaller successes. It's useful to reward these if your child is progressing slowly or losing motivation.

Milestone	Reward
<b>Smaller Successes</b>	
Got up with help when the alarm beeped.	
Got up without help when the alarm beeped, washed sensor and went straight back to bed.	
<b>Big Successes</b>	
Dry night	
3 dry nights in a row	
5 dry nights in a row	
7 dry nights in a row	
14 dry nights in a row. <b>Bedwetting beaten!</b>	

## **2. Get coloured stickers or marker pens**

If you're rewarding smaller successes, you'll need different coloured stars or markers to mark the chart. For example:

**Blue:** When the alarm beeped, child got up with help

**Green:** When the alarm beeped, child got up without help

**Orange:** Got up to use the toilet, or slept through the night, without the alarm beeping.

## **3. Decide where to place the chart**

Younger children may be happy to have their chart on the bedroom wall. If your child is older, they may want to keep it somewhere private, like in a bedside drawer or inside a diary.

## **3. Fill in the chart with your child every morning**

