



## **The Dry Morning Program**

Nighttime wetting is a long-term issue that requires patience and consistency to overcome. Together we will embark on a program to achieve dry nights and happier days! Begin this program at a time when you know you have support to get up at night and there is not increased stress in your life.

The Dry Morning program first requires dry days and your child's ability to have a sensation of bladder awareness during the day. Dry days are accomplished with a good voiding schedule and strengthening of the pelvic floor musculature. Sensing bladder fullness and urges to void can be achieved by maximizing your child's fluid intake for their body weight per day and by increasing time between voids. Your therapist will set these parameters for you.

### **Getting Started**

#### **Step 1**

The first step is to achieve Dry Days (see Dry Days handout) with:

- Regular bowel movements
- An established voiding schedule
- Your child's ability to sense urinary urges on his/her own.

#### **Step 2**

The next step is to identify what time your child experiences urinary leakage in the night. Studies have shown that many children leak in the 1<sup>st</sup> 4 hours of sleep. Children can also leak within 1-2 hours before awakening or on their way to the toilet in the morning. Most children however leak at approximately the same time each night.

Your job is to check your child at night starting at 1-hour intervals from the time they go to sleep until 4 hours after bedtime. If your child is dry 4 hours after he/she falls asleep, then check again 2 hours before awakening, if still dry then 1 hour before awakening.

Example:

Bedtime is at 8PM check at 9PM. If your child is dry check at 10; if dry check again at 11 and 12. If still dry wait till the next day to get some rest for yourself and check 2 hours before they regularly awaken in the morning. If dry, then check again 1 hour before.

Document on the Nighttime Wetness Chart the approximate time your child is wet on a daily basis for 1 week.

#### **Helpful Hints**

- Limit fluids, especially milk, after dinner.
- Be sure to have your child void before bed.
- If your child's pull up is wet when you go in to check him/her, see if it is warm to assess if the leakage just occurred, in case you missed it.

- Change the pull up if it is wet to be able to assess new leakage, if it occurred, a second time in the morning.