



Acu Rehab Med

Empowering Wellness, Restoring Function

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Dry Morning Training Phase II Nighttime Awakening

Getting Started

Now that you have determined the time your child experiences urinary leakage at night it is time to begin awakening him/her to empty their bladder before the time of their leakage. This is begun by discussing dryness at night before bed as the very last thing you speak about before leaving their room. Reading a storybook about dry nights as the last thing you do before going to sleep is a good idea to keep the idea of dryness as the last thought before bed.

Here is a list of books that are helpful for reading before bed;

- Do Little Mermaids Wet Their Beds? By Jeanne Willis
- Sammy the Elephant and Mr. Camel: A Story to Help Children Overcome Enuresis While Discovering Self-Appreciation by Joyce C. PhD. Mills, Richard PhD.
- Dry Days, Wet Nights (A Concept Book) by Maribeth Boelts

Awakening

Now it's time to awaken your child before their leakage occurs. Be sure you have the bathroom and pathway to the bathroom dimly lit before you go to bed.

Use the following steps before getting the child up to walk to the bathroom.

1. In a dimly lit room, gently awaken your child and ask them how their bladder feels. You are trying to ask an open-ended question about their bladder fullness and sensation instead of question requiring only a yes or no answer. For example: How does your bladder feel?
2. While you are speaking to your child about the sensation they have in their bladder begin to stimulate their legs by firmly rubbing them. Be sure the pressure is not too light to tickle but enough to arouse them from sleep and feel more ready to get up.
3. After rubbing the legs, bend their knees and apply pressure through the knees, hips and feet. This joint pressure further "wakes up" their body so they can be more aware of their surroundings, more aware of your voice and more prepared to stand and walk to the bathroom.
4. Have your child walk on their own to the bathroom with your assistance and avoid carrying them.
5. Once your child has voided use wipes to clean hands if necessary or skip hand washing altogether.
6. Tuck your child back into bed with praises for having done such an awesome job!
7. Go back to bed and enjoy the rest of your night. This will not last forever!

Progressing the Program

Ultimately your goal is to decrease the time to awaken between the time when the child goes to bed and when you awaken them until your child voids at his/her normal bedtime and awakens dry in the morning.

Once you have been able to awaken your child at approximately the same time every night and they wake up dry for 7 consecutive days then you can begin to awaken your child 15-30 minutes earlier each week.

Example:

Wetness occurred between 11 and 11:30 PM each night. You awakened your child at 11PM to void and they have now experience 7 consecutive dry nights. The next week begin awakening your child at 10:30 each night to void. If that appears to be too early and your child awakens wet in the morning try 10:45PM. Document the time of awakening as well as dry mornings on your Dry Nights Chart.

Once your child can maintain dryness for 7 consecutive days shorten your awakening time by making it 15-30 minutes earlier each 7 consecutive day time period until you reach their bedtime!

Helpful Hints

- Every child is different. Your child may progress by 15-30 minutes per week or they may need to stay at one time for 1-2 weeks. Stay at the time your child maintains morning dryness consistently for 7 consecutive days before progressing. Their body will tell you when it's ready to progress to the next phase.
- Continue reading dry night books before bed. Although this process is very time consuming, remember the effects that bedwetting has had on you and your family and your ultimate goal is to have your child wake up dry in the morning.
- Be sure to praise your child each morning that they wake up dry.
- Small weekly rewards are wonderful. Keep in mind that if your child is wet 1 morning they can't help it. Appropriate rewards for their success help maintain their enthusiasm.