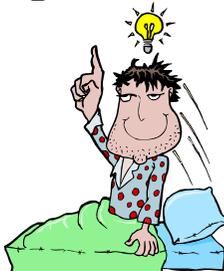
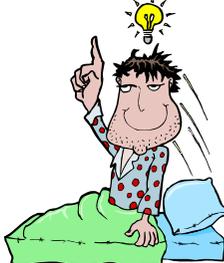


# Dry Night Trainer Progress Chart

Date	Alarm woke me 	Time I woke 	Size of wet patch  S  M  L	Woke myself to go to toilet 	Dry all night 
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

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# Dry Night Trainer Progress Chart

Before you start exercising it is important to explain to your child exactly what the objective of the bedwetting alarm is.

The Dry Night Trainer will help you to wake up, if you start to wet the bed at night.

Help your child to make clear that when the alarm goes off as soon as their wee is noticed.

Say something like:

"The alarm goes off when your shorts get wet, the alarm warns you to stop weeing."

To avoid misunderstandings, get your child to repeat what the bedwetting alarm does.

## Reward Scheme

The alarm is more effective if you give positive feedback when your child gets good results –each small step helps along the way to getting dry. You can just praise your child, or you can stimulate him/her with a reward.

One way to do this is to give your child a number of fun stickers to put on the chart (or other reward).

## Tell him/her the following:

1. You will be going to sleep with the Dry Night Trainer on your wrist.
2. When the alarm sounds, pull off the popper to silence the alarm. Walk to the bathroom, and try to wee in the toilet (Very good, you've earned a sticker already).
3. Then put on clean pajamas, we will attach the alarm again and you will go back to sleep (if necessary we will change the bedclothes.).
4. If you manage to wake up in time to go to the toilet before the alarm goes off, you will get two stickers in the morning.
5. If the alarm is still going off after 2-3 minutes and you haven't got out of bed to go to the toilet, then you haven't earned a sticker.

If the alarm goes off several times in the same night, your child can still earn a sticker if he tries to go to the bathroom to finish weeing. Even if your child does not sleep dry, you should reward him for turning off the alarm and going to the bathroom.

As an added incentive, you can offer your child the goal that if he / she is dry 14 nights in a row, you do something fun together. For example a trip to the zoo, cinema, or a playground etc. ..

## Completion of the training

When your child has been dry 14 nights in a row, you can stop using the Dry Night Trainer. However after a wet night you should start using it again. If your child keeps reverting to wetting after stopping the alarm, you can try giving him an extra drink at bedtime for a few nights with the alarm to build up his tolerance.

Using the Dry Night Trainer instead of nappies will cause some restless nights but if you persist nearly every child can learn to sleep through the night dry. Do not give up too soon. Good luck with the training!

## Fill in the chart every morning.

Keeping a record shows you just how you are improving

### Signs of Progress

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• You have more dry nights</li><li>• You wake up and go to the toilet without needing the alarm to wake you</li><li>• You wake up more quickly when the alarm sounds</li><li>• You have only one wet accident each night instead of two or more</li></ul> | <ul style="list-style-type: none"><li>• The alarm goes off less often</li><li>• The size of the wet patch in the bed gets smaller</li><li>• Wetting occurs later in the night</li><li>• You have a longer wee in the toilet when you get up after the alarm has woken you</li></ul> |
|---|---|