

You will need a bedwetting alarm. **ANY ALARM WILL WORK.** A medical supply store, pharmacy can supply you with one or tell you where to go to get one.

You will also need a room monitor. This will help the parent in the other room here the alarm when it goes off.

Stay with the program. It will work effectively the way the program is written. It can get frustrating, but in time it will work. It usually takes from 3-6 months and sometimes 9-12 months, but it will work. Not just overnight. There is not an overnight cure.

This is basically the same program that is sold by some companies for as much as \$2000.00.

This is provided to you at no charge. If in the future if you have the ability, a donation could be helpful to defer the costs of the website. We give thanks in advance for anything that would be given.

Thank God for this blessing.

Good Luck and God Bless.

Breakfast Eaten	Lunch Eaten	Supper Eaten
Morning Snack	Afternoon Snack	Evening Snack

AMOUNT OF URINE

(S) SMALL

(Lightly Wet)

(M) MEDIUM

(Sheet not wet)

(L) LARGE

(Bed sheet also wet)

(XL) EXTRA LARGE

(Everything Wet)

(D) DRY

Slept all night without getting up

ACTIVITY OR RESPONSE

(AN) ASSISTANCE NEEDED TO AWAKEN

(RO) RESPONDED ON THEIR OWN

(BB) BEAT THE BELL

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INTRODUCTION

READ THIS COMPLETELY BEFORE DOING ANYTHING !!!!!

You have obtained a program that works. What is contained in this information is an otherwise expensive and costly program. The only thing that is left out is a forced constant communication that expensive alarm programs do to justify their price. They have to do something special to justify to your spending hundreds and even thousands of dollars. I cannot make you follow the program. This is a choice and decision you have to make. If you do, the bedwetter will ultimately get a dry bed. Success will be at the end of the long tunnel. That tunnel is now shorter since you have a cure in hand. The worst is past.

What you will be learning is the effective method of curing bedwetting. This program has been tried and proven for years.

Why am I giving you this for free? I know, and have witnessed what issues can occur in a bedwetters life. The problems are big and remain with them for life. I want to provide a solution that does not financially exclude anyone. I am doing that. I do not have to have the money for the cure. God blessed me by providing me without a personal need of the solution, the solution. This knowledge given to me I will pass on to others, as He wants me to.

The time to get a dry bed can vary, however the average time is 3-6 months. This time frame is based upon averages. In cases it can take 1 year and some have been dry in 2 months. (The 2 months are rare.) Do not worry about the time frame. Just pay attention to your monitoring. This will tell you about progress. Not all kids learned to walk at the same time and not all get a dry bed in the same time frame. After you have achieved 30 consecutive dry nights, without any wettings in between you will have obtained success. There will be follow up directions at the end of this to prevent recurrence and relapse.

REMEMBER, EVERYTHING MENTIONED IN THIS IS IMPORTANT. IF YOU LEAVE OUT, AS EXAMPLE, THE FINAL INSTRUCTIONS, THERE IS A HIGHER PROBABILITY OF A RECURRENCE. IT WILL BE NECESSARY TO START FROM SCRATCH IF A RECURRENCE HAPPENS AND IT WILL TAKE LONGER TO EFFECT A CURE. CONFIDENCE WILL BE SHATTERED AND IT WILL BE HARDER TO GET RESULTS.

You will need to obtain one more item for proper usage. A baby monitor is necessary for preparation. (They can be purchased for as little as \$5.00 at a second hand store) You will also need to be sure that there is a nightlight in the bedwetters room, the hallway, and the bathroom. This is to prevent them from being scared in the dark (Many kids are afraid of the dark even though they wont admit it)and to light their way so they don't get hurt in the dark.

THE PROGRAM

After demystification, which only needs to be done at the beginning of the program, and occasionally as needed for reinforcement, explain what they will be doing and what you will be doing. First of all tell them that they can drink all of the water that they want before they go to bed at all of the time after supper. (I know that this is probably against everything that you have ever thought about bedwetting, however it is a necessary part of the program. The water does not make them wet. The majority of liquid comes from the food that we eat and get turned into liquid. We want them to learn on a full bladder). That is **WATER ONLY!!!! NOT TEA. NOT COKE. NOT KOOL-AID. WATER ONLY!!!!** *(Parent note: Give this a chance to set into the bedwetter. They probably will not believe this, that they can drink water and all that they want. Tell them that they can get a glass of water now and drink it and let them do it. The water is good for them. It cleans out their system, and as mentioned earlier you want them to learn on a full bladder. You do not want them to have sugary drinks that can alter their system prior to going to bed.*

(This is the psychological preparedness) Now, explain that the reason that they wet the bed is that they sleep so soundly that they can't respond to their signals to wake up and go to the bathroom. Tonight when they lose control a loud noise is going to be heard, be ready for that noise, and when they hear the load noise they should get up out of bed, turn off the alarm (Show them how to do it) and come in and wake up mom and/or dad. Then ask the bedwetter if they think that they can came in your room and wake you up tonight. (Do a dry run so they will know how to do it And enforce that it is now allowed. Make game out of it) after this you two will go down the hall to the bathroom and the bedwetter will splash water on his/her face. (If this is met with great resistance, put a cold wet washcloth under their feet. This is to totally awaken them. Do this until they are awake.) After this I want them to use the toilet. If they have no liquid left at this time it ok, I still want them to try to use the toilet each and every time. **MAKE THE HABIT.** Clean their body off after using the toilet.

Now we go back and clean up the bed. put on new underwear, and climb back into bed and go to sleep. (I want the bedwetter to be responsible for cleaning the up. Establish an area for the dirty linens and undergarments to be put until the morning.

Have them repeat back to you what you 2 are going to do tonight so that they will know.

(Parents, do not worry if things do not go smoothly the first couple of nights. It is new to everyone and like everything that is new it needs to be done a few times to learn what is going on.)

Parent Note: When you wake them up on the morning be sure and tell them that you are proud of them for trying and to keep up the good work. Remember that they can't do anything wrong with the program. Just trying is all that's important. If they yell at you during the night or throw a pillow at you, (We hope they don't) or are real fussy don't get mad at them, it is their sleep and they don't know what they are doing. The program is base upon positive reinforcement and it is important for them to feel good about themselves and what they are doing.

After 2 weeks of using the alarm the next step will be the following:

Have the bedwetter sit on the edge of the bed and imagine they getting up at night and going to the bathroom. Have them close their eyes while they are doing this and ask them to tell you what they see as they get up and go to the bathroom. As an example, describe the hallway; do they see the rug on the bathroom floor, are there shoes blocking the way? Have them tell you about cleaning up their bed. (What you want them to do is o see themselves doing everything that they will be doing when they get up. This will help them be better prepared for what is going to happen when they get up and also to implant in their mind what is transpiring.)

After 6 weeks if you do not notice and progress in the frequency of dry times, add the following to what you are doing.

During the day when the bedwetter has to go to the bathroom to urinate tell them to stop (Not for a long time, but just for a second or two) and **Feel the sensation** that is there right before going to the toilet to urinate. Have them think about it and concentrate on what it feels like. (This will make them consciously feel the sensation of urination at the time that it happens and will help to bring it up to the conscious from the subconscious)

DEMYSTIFICATION

Set the bedwetter down in a comfortable environment and talk to him/her and explain that the reason they wet the bed is not because there is anything wrong with them, because there is not, it is just that they sleep so soundly that they can't wake up when they have to go to the bathroom. Tell them that 3-4 million other kids will wet the bed tonight in the United States. Also tell them that you have consulted a professional company and everything that you and him/her are going to be doing has helped thousands just like him/her get a dry bed. Reinforce that there is not anything wrong with them and that soon that all of the suffering will be gone.

Tell them, even though you can't promise an exact time when they will obtain dryness, you can promise that if they will try along with you, that it will soon go away, usually in about 3-6 months. Tell them that all they have to do is to try. (A dry bed at this point is not a reality. Don't ask them to promise to get a dry bed, but just ask them to try) Again reinforce that millions of kids just like them wet the bed at night, they just do not know who they are.

PREPARATION

Place the sending unit of the baby monitor in the Bedwetters room and the receiving end in your room. Be sure that they are both plugged into a working plug and do not get turned off by the switch. Also be sure that they are on the same channel. Turn the volume control up in the parent bedroom so you will hear it at night.

WAKING UP AT NIGHT

Because Bedwetters sleep so sound at night, they may not hear the alarm when it goes off. That is why it is so important to have the room monitor. That way you can hear it and then respond as per the directions provided.

If the bedwetter does not wake up, remember it is the deep sleep patter. Don't get upset with the bedwetter. They can't help it right now. The sleep pattern is the problem. Give the alarm a chance to awaken him/her for a minute. If they do not awaken then go into the room with a cold wet washcloth and wipe his/her face, neck, shoulders, and at the same time in a gentle voice, call out their name and tell them it is mommy (Or Daddy) and it is ok for them to wake up. Continue to do this until they respond and then get them up and head to the bathroom. Once in the bathroom begin splashing water on their face. (Be sure to maintain responsible parental control no matter what they are doing. It may not seem like it to you, but they are asleep and acting out in their sleep. They can be somewhat out of control while they are waking up. Grumpy, talking back etc.)

Do not shake them to wake them up. It could scare them. Remember they are asleep, and it is possible that they have been dreaming. If they have been having a bad dream and they are violently awakened (Shaking at this time could be perceived by them as violent) could scare them and make it more difficult to awaken them. You want them to look forward to waking and make it a more pleasurable experience.

STOPPING

Some Bedwetters after a short period of time will want to quit the program. This is not uncommon. They feel as though that if they aren't cured right away (Because so many other things have been tried without success) success is out of reach. Kids will say this is dumb and stupid and wont work. I don't like this alarm. It is uncomfortable. It bothers me. (Or other things to that effect) The real reason is because of previously mentioned failure they have doubts about it working. Everything else attempted has been stopped in a short period of time and they feel that it is time to quit. Give up. (Most likely they will not vocalize this, but it is the real true underlying feeling) This is when as a parent you need to put your foot down and get them to continue with the program. Tell them that they simply need to continue to TRY and in time they will be successful. Maintain a positive attitude talking to them and tell them this program has been working for 50 years and has helped millions of kids just like them. But it is necessary for them to continue to try and not give up. If they keep trying they will soon achieve success. Ask them "Won't it be nice to wake up with a dry bed and finally stop wetting the bed?" Also at this time refer back to the demystification and re-explain it to them. ***(If they are allowed to give up this can stem over to other issues and re-inforce a failure mechanism that can carry on for life. They can develop the attitude that if things do not come easily for them that they can just give up. The success and failures can come back to the one BIG ITEM in their life that they could not succeed in. The success or failure of getting rid of the bedwetting.***

THE REPORT CARDS

The report cards are important. The reason for them is to track progress. Bedwetting does not suddenly go away overnight. Also in 2 month when the child is still wetting they can get discouraged the cards track the progress that is made and see that it is slowly working. IE: when they started they were wetting 5 times a week and they are now down to 2 times a week. Even though they are not dry YET, they are getting closer and making progress. Without the cards all you would see is that the bed is still wet and success has not been obtained. As you can see, using the card's progress is detectable.

Enclosed is a starter set of cards. Make copies of cards the before you write on them. You will need more than what is supplied. Make a minimum of 6 copies. Fill them out each night and keep them together. This is a very important part of the program and if you leave out this step it can result in failure.

THE FINAL INSTRUCTIONS

After the bedwetter has reached 30 nights together with a dry bed, this means either beating the buzzer or sleeping through the night without wetting the bed, it is time to remove the moisture sensing alarm, and to begin on the final instructions.

These final instructions will re-inforce what has been going on for the last few weeks and cements what they have learned. The final instructions also help to break any dependency that can or could have been developed, either physically, or psychologically, upon the alarm.

For the first 2 weeks after removing the alarm, upon going to bed, have the bedwetter sit on the edge of the bed, close their eyes, and visualize themselves about waking up to the feeling of a full bladder, getting up and going to the bathroom and relieving themselves. Have them describe this to you as they see it. IE: getting out of bed, going down the hall, raising the toilet seat, urinating and then going back to bed.

The next 2 weeks simply have them tell you upon going to bed that the reason they USED to wet the bed was that they sleep so soundly that they did not respond to their bladder signal and having to go to the bathroom and that tonight they will be ready for that signal and wake up and go to the bathroom.

After this final 30 nights of final instructions the bedwetter should be dry for life. He can now be free to spend the night at friends houses and have friends spend the night at his house. He can feel comfortable to participate in sporting events, scouting and church activities requiring overnights without worry.

DIET CONCERNS

If you are not obtaining any measurable results with the training program diet concerns can be addressed. Please understand that this occurs only in about 1-2 % of the people and you will need to remove 1 item at a time from the diet to monitor results. This needs to be done for 2 weeks to see if it makes the difference. If it does not have an effect, put it back into the diet and remove another and continue the same way.

There is a food chart contained in this for you to chart. Make a copy for each day.

These foods can in some cases contribute to Nocturnal Enuresis. About 2% of the time food allergies of foods that contain Tryptophan or L-Tryptophan can cause deeper sleep.

Dairy Products

Poultry

Peanuts or Peanut Products

Bananas

Honey

These foods can be bladder irritants:

All Citrus Fruits

Tomatoes and all Tomato By-products

Most Preservatives, food colors, dyes or additives

All foods containing citrus acids

Avoid all diuretics:

Coffee

Tea

Chocolate

Soda Pop

Do not forget that the Enuretic should consume as much water as he/she can comfortably hold. This helps move problem substances through the body. It cleanses the body. Also water should be the beverage consumed 4 hours before bedtime at all times.

The next page is more extensive.

Even though it may seem as though you are taking everything away from your child that they like to eat such as ice cream before bed, if it is the one thing that makes a difference they will be much happier in the long run without a wet bed.

The following are diet intolerances and allergies that can lead to bedwetting and their alternatives.

<u>BASIC</u>	<u>PROCESSED</u>	<u>DIET ALTERNATIVE</u>
<u>Fruit</u>		
All	Fruit flavored candy, fruit Pies, dried fruit	NONE
<u>Dairy Products</u>		
Milk, Cream	All Cheese Ice Cream Yogurt Sherbet	Non-Dairy Milk Calcium Supplements
<u>Liquid Products</u>		
Fruit Juices Milk Soda Pop Tea	Flavored Milk Juice Drinks Cola Flavored teas	Water
<u>Meat</u>		
All Fish All Poultry	Poultry, Ham Sausage Poultry Hot Dogs	Eggs Moderately Red Meats
<u>Cereals</u>		
Whole Wheat	Whole Wheat Bread Chocolate Cookies Peanut Butter Cookies	White Bread Cooked Cereals Sugar Cookies Plain Pasta w/ White Sauces
<u>Vegetables</u>		
Tomatoes Corn	Tomato Sauce Ketchup	All other Vegetables Peas, Beans
<u>Other</u>		
Peanuts Chocolate Karub Flavored Gum Honey	All Combinations of Peanuts and Chocolate	Margine Walnuts

Read all package labels!!!! Avoid medicines and food products containing Lactose and Citric Acid, Tryptophan and Lactose, often referred to as essential amino acids.