

Almost all children and teens who wet the bed need to get up during the night to urinate. A bed-wetting (enuresis) alarm, which is activated by moisture, can help your child learn to awaken in time to go to the bathroom. The new models are lightweight and easy for the child to operate. Enuresis alarms can be used on any child from age 5 onward who wants to try one. On the other hand, they should never be imposed on a child at any age, even a teenager, if they don't want to use one.

DIRECTIONS FOR YOUR YOUNGSTER ON USING A BED-WETTING ALARM

1. **This is your alarm.** It can help you cure your bed-wetting if you use it correctly. Remember, the main purpose of the alarm is to help you get up during the night and use the toilet. The alarm won't work unless you listen for it carefully and respond to it quickly. Better yet, get up *before* the alarm goes off.
2. **Hook up the alarm system by yourself.** Trigger the buzzer a few times by touching the moisture sensors with a wet finger and practice going to the bathroom as you will do if it goes off during the night.
3. **Have a night-light or flashlight near your bed.** A light should be handy so it will be easy to see what you are doing when the alarm sounds. Turn on the night-light.
4. **Go through your self-awakening pep talk at bedtime.** Try to "beat the buzzer." Wake up when your bladder feels full but before any urine leaks out. If the buzzer does go off, try to wake up and stop urinating at the first moment that you think you hear the alarm (even if you think you are hearing it in a dream).
5. **When you hear the alarm.** As soon as you hear the alarm, close the valve to your bladder. Then jump out of bed and run to the bathroom.
6. **Use the toilet.** In the bathroom, empty your bladder to see how much urine you were able to hold back. Only after you have used the toilet, work on turning off the buzzer. Remove the metal strip from the little pocket in your underwear (if you have a Wet-Stop) or disconnect the clips (if you have a Nytone) and dry them off.
7. **Change to dry clothes.** Put on dry underwear and pajamas, and reconnect the alarm. Put a dry towel over the wet spot on your bed. Remind yourself to get up before the alarm buzzes next time and review your plan before going to sleep.
8. **Write on your calendar.** In the morning, write on your calendar "dry" (no alarm), "wet spot" (you got up after the alarm went off), or "wet" (you didn't get up).
9. **Use the alarm every night.** Use the alarm every night until you go 3 or 4 weeks without bed-wetting. This usually takes 2 to 3 months, so try to be persistent.

A SELF-AWAKENING PROGRAM FOR YOUR YOUNGSTER

While using the alarm, it's very important that you also practice the following self-awakening program at bedtime. You are trying to teach yourself to awaken during the night and to use the toilet when your bladder feels full. Until you learn how to do this, you won't be dry.

- Lie on your bed with your eyes closed.
- Pretend it's the middle of the night.
- Pretend your bladder is full.
- Pretend you feel the pressure.
- Pretend your bladder is trying to wake you up.
- Pretend your bladder is saying: "Get up before it's too late."
- Then run to the bathroom and empty your bladder.
- Remind yourself to get up like this during the night.

PARENTS' ROLE WITH BED-WETTING ALARMS

If your child doesn't awaken immediately to the sound of the buzzer, she needs your help. You may need to be involved every night for the first 2 to 3 weeks.

1. Go to your child's room as quickly as you can. Turn on the light and say loudly, "Get out of bed and stand up."
2. If that doesn't work, get your child to a sitting position and run a cold washcloth over her face to bring her out of her deep sleep.
3. Only after your child is standing, remind her to turn off the alarm. By all means, don't turn off the buzzer for her. Your child has to learn to carry out this step for herself.
4. Make sure your child is wide awake and walks into the bathroom before you leave her. If necessary, ask her questions to help awaken her.
5. Your goal is to help your child awaken immediately and get out of bed when the buzzer goes off. Phase out of your child's alarm program as soon as possible. Going to bed with the radio *off*, going to bed at a reasonable hour, and using a night-light can help your child respond faster to the alarm.

HOW TO ORDER ENURESIS ALARMS

Nytone Alarm: Nytone Medical Products, 2424 South 900 West, Salt Lake City, UT 84119 or call 801-973-4090

Nite Train'r Alarm: Koregon Enterprises, 9735 S.W. Sunshine Court, Suite 100, Beaverton, OR 97005 or call 800-544-4240

Wet-Stop Alarm: Palco Laboratories, 8030 Soquel Ave., Suite 104, Santa Cruz, CA 95062 or call 800-346-4488

Potty Pager (silent alarm): Ideas for Living, 1285 North Cedarbrook, Boulder, CO 80304 or call 800-497-6573