

## Full-Spectrum Treatment for Bedwetting

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When children wet the bed, using a urine alarm is the best way to help them learn to wake up to a full bladder. However, many children will begin wetting the bed again even after they have used the urine alarm. Adding some extra steps to this process can help make sure that your child does not start wetting the bed again. The following will provide you guidance on using a full-spectrum treatment for bedwetting.

1. Follow the instructions included in the Urine Alarm Training handout.
2. The next step is *retention control training*, which helps your child learn to control the muscles around her bladder. To do so, she should tighten and release her urinary muscles over and over again while urinating. This should help your child understand the muscle control required to postpone urination when her bladder is full.
3. The next step is to postpone urination when your child feels that her bladder is full.
  - First, your child should wait 1 minute to urinate when she feels that her bladder is full.
  - The next day, your child should wait 5 minutes before urinating.
  - Your child should wait 10 minutes the next day, adding 5 minutes each day until your child is able to wait 45 minutes between the time her bladder feels full and she urinates.
4. The next step of the process of teaching your child to hold urine when her bladder is full is called **overlearning**. For overlearning to occur, your child should drink extra liquids before bed so that she will have more chances to have a full bladder during sleep.
5. Overlearning should be started when your child has had 14 completely dry nights in a row.
6. Your child should drink \_\_\_\_\_ ounces of water 1 hour before bedtime.
7. Before going to bed, your child should urinate and then place the urine alarm on her underwear.
8. Your child should continue to drink water an hour before bed every night until she has had another 14 completely dry nights in a row.
9. Once your child has done this, you can stop having her drink extra water and using the alarm.

*Full-spectrum treatment can be time consuming and difficult to complete. It is important to keep in mind, though, that this makes it far more likely that your child will truly learn to wake up to a full bladder and be able to wait before urinating when her bladder is full. Both of these skills will help your child learn to stay dry for the whole night.*

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