

## Urine Alarm Training

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Many children do not learn to sleep through the night without wetting the bed. Children wet the bed because they have not learned to wake up to the feeling of a full bladder. The best way to teach them to wake up to a full bladder is by using a urine alarm. When your child wears the alarm on his underwear, it will begin to sound and/or vibrate as soon as urine comes in contact with the sensor. This should then wake your child up each time his bladder is full. Over time, this should help your child understand: full bladder = wake up! The following provides guidance on how to use the urine alarm to help your child learn to wake up when his bladder is full.

1. **You can purchase a urine alarm from a number of online vendors.** You may try [www.bedwettingstore.com](http://www.bedwettingstore.com) or type "urine alarm" into an online search engine to see many different models of urine alarms.
2. **You can typically find alarm models with sound, vibration, or both.** Choose an alarm that seems best for your child's needs. Follow directions for the urine alarm included with the model you purchase.
3. **Your child should place the alarm sensor on his underwear before bedtime.**
4. **The alarm monitor must be turned on** to make sure that it will sound and/or vibrate when moisture from urine comes into contact with the sensor.
5. **If the alarm sounds and/or vibrates, your child should immediately get out of bed to finish urinating in the bathroom.**
6. **A tracking sheet (attached) should be maintained to record dry versus wet nights.**
7. It is also important to **help your child learn to change his pajamas and sheets** as independently as possible when he does have wetting accidents.
8. **Your child should also be responsible (as much as possible) for placing dirty pajamas and sheets in the washer.**
9. **Once your child has remained dry throughout the night for 14 nights, you can stop using the alarm.**

*Using a urine alarm is the best way to help your child to learn to stop wetting the bed. It is important to keep in mind, though, that this can be a time-consuming process. Some children have a very hard time waking up to the alarm. If this is the case, you may want to purchase an alarm that has a separate monitor to place in your room. Then, you can wake your child up to finish urinating in the bathroom. It is also important to know that some children will start wetting the bed again after they have stopped. If this happens, use the urine alarm again, following all of the above steps, and your child should stop wetting the bed again.*

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