

Dry Bed Procedure

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I. **INTENSIVE TRAINING (one night).**

() **One hour before bedtime.**

1. Child informed of all phases of training procedure.
2. Alarm placed on bed.
3. **POSITIVE PRACTICE in correct toileting** (20 practice trials):
 - (a) child lies down in bed.
 - (b) child counts to 50.
 - (c) child arises and attempts to urinate in toilet.
 - (d) child returns to bed.
 - (e) Child checks sheets.
 - (f) steps (a), (b), (c), (d) and (e) repeated 20 times.

() **At bedtime.**

1. Child drinks a large glass of water.
2. Child repeats training instructions to trainer.
3. Child retires for the night.

() **Hourly awakenings.**

1. Minimal prompt used to awaken child.
2. Child walks to bathroom.
3. At bathroom door (*before* urination), child is asked to inhibit urination for one hour (omit for child under 6).
 - (a) if child could not inhibit urination
 - (i) child urinates in toilet.
 - (ii) trainer praises child for correct toileting.
 - (iii) child returns to bed.
 - (b) if child indicated that he/she could inhibit urination for one hour
 - (i) trainer praises child for his/her urinary control.
 - (ii) child returns to bed.
4. At bedside, the child feels the bed sheets and comments on their dryness.
5. Trainer praises child for having a dry bed.
6. Child is given fluids to drink.
7. Child returns to sleep.

() **When an accident occurs.**

1. Trainer turns off the alarm.
2. Trainer awakens child with minimal prompt.
3. Trainer directs child to bathroom to finish urinating.
4. Child is given **CLEANLINESS TRAINING:**
 - (a) child is required to change night clothes.
 - (b) child is required to remove wet bed sheet and place it with dirty laundry.
 - (c) trainer reactivates alarm.
 - (d) child gets clean sheets and remakes bed.
5. Positive Practice in correct toileting (20 practice trials) performed immediately after the Cleanliness Training.

6. Positive Practice in correct toileting (20 practice trials) performed the following evening before bedtime.

II. **POST TRAINING SUPERVISION (begins the night after Intensive Training).**

() **Before bedtime.**

1. Alarm is placed on bed.
2. Positive Practice is given (*if* an accident occurred the previous night - 20 times max.).
3. Child is reminded of the need to remain dry and of the need for Cleanliness Training and Positive Practice if wetting occurred.
4. Child repeats the trainer's instructions.

() **Night-time toileting.**

1. At parents' bedtime, parent awakens child and sends the child to toilet.
2. After each week of remaining dry, parent awakens child 30 minutes earlier than previous week.
3. Awakening discontinued when scheduled to occur at the child's bedtime.

() **When accidents occurs**, child receives Cleanliness Training and Positive Practice immediately upon wetting and at bedtime the next day.

() **After a dry night.**

1. Parents praise the child for not wetting bed.
2. Parents praise the child during the day.
3. Child's favorite relatives are encouraged to praise the child (optional - if appropriate).

III. **NORMAL ROUTINE- initiated after 60 consecutive dry nights.**

() *Urine-Alarm is no longer placed on bed.*

() *Parents inspect child's bed each morning.*

1. If bed is wet, child receives Cleanliness Training immediately and Positive Practice the following evening.
2. If bed is dry, child receives praise for keeping his bed dry.

() *If two accidents occur within a week, the Post-Training Supervision is reinstated.*



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