

Tips For Using Bedwetting Alarms



Explain to the child the alarm's purpose so they do not see it as a punishment for bedwetting.

Engage in mock dry runs with the child to help them get accustomed to the alarm.



Attach the alarm to only the child's external clothing or bedding.

Place a powerful flashlight near the child's bed for easy nighttime bathroom visits.



Assist the child in maintaining a calendar to track their wet and dry nights based on the number of alarms triggered.

Stay consistent and patient, using the alarm for at least 16 weeks.



Use the alarm every night until the child has remained bedwetting-free for four weeks continuously.

References

1. How Do You Use A Bed-Wetting Alarm? - Cincinnati Children's Hospital Medical Center
2. Directions For Your Child When Using A Bed-Wetting Alarm; National Kidney Foundation Inc.
3. Bedwetting Alarms; Regents Of The University Of Michigan

Images: Amazon