



If your child has been prescribed the enuresis alarm for bedwetting:

- Only start your child's alarm treatment when they have practical and emotional support available, or if they are able to manage treatment independently
- Do not start alarm treatment in a stressful period (e.g. divorce, moving house, exams)
- The ideal period to start alarm treatment is a school holiday, to reduce the impact of tiredness during the first days of treatment
- Motivate and support your child by noticing efforts they make and by giving compliments and providing support and encouragement
- Alarms can take several weeks to be effective. Smaller voids in the underwear and an extended time until the first bedwetting episode are early signs of success
- Be adherent – follow the instructions given to you by your healthcare professional

Encourage your child to:

- Drink lots of water during the day
- Always pee before settling to sleep
- Not read or play in bed after the last void and before sleep. Lights should be turned out immediately.