

Seven Steps to
Nighttime Dryness

**A Practical Guide for Parents
of Children with Bedwetting**



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Weekly progress chart

Completing the Weekly Progress Chart each morning is the easiest way to record accurate data. It is more difficult to reconstruct several nights of information if you don't do it on a daily basis. Recalling what happens from one night to the next is not easy!

Remember:

- Getting a cooperation sticker requires a ✓ in all 3 behavior categories
- A dry night sticker is awarded if your child sleeps all night dry or if they get up before the alarm sounds
- If the alarm sounds more than once per night, record each time
- Record the size of the spot to monitor progress
 - S = the size of a baseball
 - M = the size of a cantaloupe
 - L = the size of a basketball or larger
- Notes can include unusual activities, new foods or drinks, illness, medications, etc.

The importance of creating a visual reward system is discussed on page 53. Comparing the current weekly chart with previous charts will help your child see the progress they have made. You may reproduce this blank chart, or visit www.bedwettinghandbook.com to print a version.

Weekly progress chart

W E E K

Date	Wore Alarm	Double Voided	Nighttime Cooperation	Dry Night	Woke Before Alarm	Woke to Alarm	Time of Alarm	Size of Spot S-M-L	Notes/Contributing Factors
MON									
TUE									
WED									
THU									
FRI									
SAT									
SUN									