

THE ANNE ARUNDEL COUNTY



TOT'S LINE



1-877-817-TOTS (8687)

Nighttime Potty Training

Did you know that only 45 % of girls and 35 % of boys are able to stay dry throughout the night before the age of 3. According to *The Everything Potty Training Book* by Linda Sonna, some children take longer to train at night because of motivation, physical concerns or “deep sleep”.

Tips for Successful Nighttime Training



- ❖ **Know your spouse's bedwetting history.** Research shows if both parents were bed-wetters as children, then there is a 7 out of 10 chance that their child will wet the bed. If one parent was a bed-wetter, then there is a 4 out of 10 chance.
- ❖ **Protect your child's bed and layer the linens.** Cover your child's bed with a waterproof mattress pad, cover the pad with a sheet, and then add another pad and another sheet. If your child has an accident early in the morning, you will only have to strip the top sheet and pad before your child returns to bed.
- ❖ **Encourage your child to help change the wet sheets and covers.** This teaches responsibility and may relieve some embarrassment because all family members may not know every time your child wets the bed.
- ❖ **Let your child know it is okay.** Explain to your child that at this time, s/he may not be able to make it through the night and that is okay. S/he will learn to potty train in his/her own time.
- ❖ **Take steps before bedtime.** Avoid drinks with caffeine and aspartame, take your child to the toilet right before they lay down, and avoid giving a lot of fluids after dinner.
- ❖ **Set an alarm clock.** If you notice your child wets the bed at a certain time, set the alarm half an hour before that time. Your child can get up and use the toilet and then return to a dry bed. This may not work for deep sleepers. Try it and see if it works for your child and you.
- ❖ **Put a nightlight in your child's room.** Sometimes a child does not want to get up because they are scared of the dark.

- ❖ **Adjust your child's room temperature to approximately 70 degrees.** According to Potty Training for Dummies by Diane Stafford and Jennifer Shoquist, children that sleep in very cold rooms are more likely to wet their bed.
- ❖ **Make sure you tell your child she is allowed to call you in the middle of the night if she needs help getting to the bathroom.**



- ❖ **Keep a potty nearby.** It may be easier to keep the potty in your child's room, a few feet by her bed.
- ❖ **Keep a supply of training pants on hand in case your child regresses and has more frequent accidents.**
- ❖ **Reward your child for dry nights with praise, stickers, and small treats.**
- ❖ **Bladder training:** have your child practice holding his or her urine for longer

period of time throughout the day, in effort to stretch the bladder so it can hold more urine.

- ❖ **Don't nag your child about wetting.**
- ❖ **Be prepared with a plan on how you will address nighttime potty training.**
- ❖ **Be patient and flexible and adjust your plan as necessary.**

Using disposable pull-ups: If your child is waking up wet 2 or more times a week, a disposable pull-up or diaper is a good option. However, sometimes using disposable pull-ups leads to the child being confused because the disposables don't let your child feel the wetness. If you decide to use a disposable keep the following hints in mind:

- ❖ **Tell your child that pull-ups are nighttime pants for big kids.** You want your child to be proud that they are now wearing underwear instead of diapers.
- ❖ **Have your child use the toilet before bed and then put the pull-up on.**
- ❖ **Remove the pull-up as soon as your child wakes up.**
- ❖ **Send your child to the bathroom as soon as she wakes up.**
- ❖ **Remember, if your child is a heavy nighttime wetter, diapers hold more.**

Tips For Dealing With Nighttime Accidents Dealing with nighttime accidents is different from dealing with day time accidents, because night time accidents are not voluntary. Your child does not have the ability to control the accident so there are not any consequences given.

- ❖ **When your child is upset, reassure her that it is okay.** Again, let her know that, in time, she will make it through the night.
- ❖ **Soothe your child's frazzled nerves.** Make a major point to soothe your child so she does not feel guilty.
- ❖ **Teach your child how to do self-talk.** Say to your child, "Tell yourself that you really want to wake up dry. You can do this. And it will feel great."



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