

THE PARENT'S *Bedwetting* ACTION PLAN



Debra

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A Simple Guide to
Calmer Nights & Better
Bedtime Routines



Simple Steps
for Everyday
Success



Calmer Nights
for the Whole
Family



Support Your Child
with Confidence
and Compassion



Practical Plan
You Can Follow
Every Day



A step-by-step plan for
**CONSISTENT NIGHTS, BETTER HABITS
& A HAPPIER CHILD**

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PARENT'S BEDWETTING ACTION PLAN

A Simple Guide to Calmer Nights & Better Bedtime Routines

A Bonus from The DryCode™ Method
By Debra

- **Chapter 1:** Start with support
- **Chapter 2:** Build a simple routine
- **Chapter 3:** When an accident happens

CHAPTER ONE

START WITH SUPPORT

Your Child Needs Understanding, Not Shame

Bedwetting can be difficult for the whole family, but the first step is remembering one important thing:

Your child is not doing it on purpose.

A wet night is not a sign that your child is lazy, careless, or misbehaving. Responding with anger, embarrassment, or punishment can make your child feel ashamed and anxious.

Instead, make your response calm and supportive.

WHAT TO DO

- Stay calm after an accident.
- Reassure your child that it is okay.
- Help them clean up without making it a punishment.
- Avoid comparing them with other children.
- Encourage healthy bedtime habits.
- Celebrate effort and progress, not just dry nights.

WHAT TO SAY

Instead of:

“Why did you wet the bed again?”

Try:

“It's okay. Accidents happen. We'll work through this together.”

Instead of:

“You're too old for this.”

Try:

“You're doing your best, and I'm here to help you.”

YOUR PARENTING REMINDER

Don't make your child's bedwetting their identity.

Your child is still the same amazing, capable, and loved child—whether the night was dry or wet.

Support first. Progress follows.

CHAPTER 2

BUILD A BEDTIME ROUTINE THAT WORKS **Make Bedtime Predictable, Calm & Simple**

One of the easiest things you can do as a parent is to make bedtime more predictable.

Children often respond well to routines because they know what is coming next. A consistent bedtime routine can also help your child develop healthy bathroom habits before sleep.

The goal is **not perfection**.

The goal is to create a simple routine your family can repeat most nights.

THE SIMPLE BEDTIME ROUTINE

Try following these steps each evening:

1. START WINDING DOWN

About 30–60 minutes before bedtime, begin moving away from exciting activities.

Turn bedtime into a calm period.

You might:

- Put away toys and devices.
- Dim the lights.
- Help your child prepare their clothes for the next day.
- Read a short story.
- Talk quietly about the day.

The exact routine does not have to be complicated.

Consistency matters more than complexity.

2. ENCOURAGE A TOILET VISIT

Make using the toilet part of your child's normal bedtime routine.

Instead of making it feel like a punishment or command, make it routine:

“Let's use the bathroom before we get into bed.”

This simple habit can help your child start the night with an empty bladder.

3. MAKE THE BATHROOM EASY TO REACH

If your child needs to use the bathroom during the night, make access as easy as possible.

Consider:

- ☐ Keeping a clear path to the bathroom
- ☐ Using a small night-light if needed
- ☐ Making sure your child knows where the bathroom is
- ☐ Keeping the toilet area safe and easy to use
- ☐ Providing appropriate sleepwear that is easy to remove

For younger children, you may need to provide extra assistance.

4. PREPARE FOR ACCIDENTS WITHOUT FEAR

Even with a good routine, accidents may still happen.

That does not mean your child has failed.

Prepare quietly so that an accident does not become a major event.

You can keep nearby:

- A clean set of sleepwear
- A spare sheet
- A waterproof mattress protector
- A towel
- A laundry bag or container for wet clothes

Being prepared can make nighttime accidents much less stressful for everyone.

5. END THE NIGHT WITH ENCOURAGEMENT

Your child's final interaction before sleep should not be about fear of having an accident.

Instead, offer reassurance.

You could say:

“Goodnight. You're doing your best, and we're working on this together.”

Or simply:

“Sleep well. I love you.”

A calm ending can help your child feel supported rather than worried.

YOUR NIGHTLY BEDTIME CHECKLIST

Use this checklist every night:

Before Bed

- ☐ Begin winding down
- ☐ Reduce exciting activities
- ☐ Use the toilet
- ☐ Put on comfortable sleepwear
- ☐ Make sure the bathroom is accessible
- ☐ Prepare the bedroom
- ☐ Give your child encouragement

My Child's Bedtime

Bedtime: _____

Toilet before bed: ☐ Yes ☐ No

Child seemed relaxed: ☐ Yes ☐ No

Any unusual concerns: _____

KEEP IT SIMPLE

You do not need a complicated system.

You do not need to constantly remind your child about bedwetting.

And you do not need to make every night feel like a test.

Create a routine.

Repeat it.

Observe what happens.

Adjust when necessary.

Most importantly, **keep your child's confidence protected throughout the process.**

Remember:

A routine should reduce pressure—not create more pressure.

Your job is not to make every night perfect.

Your job is to create a supportive environment where your child can develop healthy habits while knowing they are loved and supported.

CHAPTER 3:

WHEN AN ACCIDENT HAPPENS

What to Do Without Panic, Shame or Blame

Eventually, an accident may happen.

The most important thing to remember is this:

An accident is not bad behaviour.

Your child may already feel embarrassed, disappointed, or worried about your reaction. How you respond can make a big difference in how safe and supported they feel.

Instead of focusing on blame, focus on **calmly handling the situation and helping your child get comfortable again.**

STEP 1: STAY CALM

When you discover a wet bed, take a breath before reacting.

Avoid shouting or showing anger.

Your child needs to know that an accident does not change how you feel about them.

You can simply say:

“It's okay. Accidents happen. Let's get you cleaned up.”

A calm response can prevent a difficult situation from becoming even more stressful.

STEP 2: REASSURE YOUR CHILD

Your child may think they have disappointed you.

Remind them that they are not in trouble.

Try saying:

“You're not in trouble. We'll clean everything up and get you comfortable.”

Avoid asking questions in an angry or accusing way, such as:

- “Why did you do this again?”
- “Didn't I tell you to use the toilet?”
- “When will you stop doing this?”

These questions may increase embarrassment without solving the problem.

STEP 3: HELP THEM CLEAN UP

Keep the cleanup practical and matter-of-fact.

Depending on your child's age, you can either help them or allow them to participate appropriately.

Together, you can:

- ☐ Change wet sleepwear
- ☐ Replace wet bedding
- ☐ Put wet items aside for washing
- ☐ Clean and dry your child
- ☐ Help them get comfortable again

Avoid turning cleanup into punishment.

The message should be:

“This is something we need to clean up—not something you need to feel ashamed of.”

STEP 4: HELP YOUR CHILD RETURN TO SLEEP

Once everything is clean and comfortable, help your child settle down again.

Keep the lights low.

Avoid lengthy discussions about the accident in the middle of the night.

A simple:

“Everything is okay. Let's get some rest.”

may be all they need.

You can talk about patterns or routines during the day when everyone is more relaxed.

WHAT NOT TO DO

Some reactions can make bedwetting more emotionally difficult for a child.

DON'T SHAME

Never tell your child that they are dirty, lazy, immature, or embarrassing.

DON'T PUNISH

Bedwetting should not become a reason for punishment.

DON'T COMPARE

Avoid statements such as:

“Your brother stopped doing this at your age.”

Every child develops differently.

DON'T MAKE JOKES

Something that seems funny to an adult may feel deeply embarrassing to a child.

DON'T THREATEN

Fear is not a healthy way to encourage better nighttime habits.

TURN THE MOMENT INTO SUPPORT

Instead of thinking:

“Another accident. We're back to zero.”

Try thinking:

“This happened. Let's handle it calmly and continue with our routine.”

Progress does not always happen in a straight line.

There may be dry nights.

There may be wet nights.

There may be periods when things seem better and then become difficult again.

That does not mean you have failed as a parent.

YOUR ACCIDENT RESPONSE PLAN

Keep this simple four-step plan in mind:

1. CALM

Take a breath and control your reaction.

2. COMFORT

Reassure your child that they are not in trouble.

3. CLEAN

Change clothes and bedding without making it dramatic.

4. CONTINUE

Help your child return to sleep and continue the routine the next day.

CALM → COMFORT → CLEAN → CONTINUE

This is your nighttime accident plan.

A QUICK PARENT REMINDER

When an accident happens, ask yourself:

Did I stay calm?

☐ Yes ☐ No

Did I reassure my child?

☐ Yes ☐ No

Did I avoid shame or punishment?

☐ Yes ☐ No

Did I help my child get comfortable again?

☐ Yes ☐ No

What can I do better next time?

ONE WET NIGHT DOES NOT ERASE PROGRESS

Do not measure your child's progress by one night.

Look at the bigger picture.

Your child needs patience, consistency and reassurance.

The goal is not simply to have a dry bed.

The goal is also to help your child feel safe, confident and supported while you work through the situation together.

THE DRYCODE™ REMINDER

No blame.

No shame.

No panic.

Just support, routine and patience.