



How you can be **BOSS OF THE BLADDER**



www.bedwetting.com.au

Dr Jan's Secret Strategy

Dr Jan's special strategy designed to wake even the deepest of sleepers.

Research has **not found that bedwetting is connected with deep sleeping**, as although many bedwetting children are deep sleepers, many children who **do not wet are also deep sleepers**.

If your child is a deep sleeper and wets the bed, treatment can be difficult and ineffective. However, there is a solution!

A past client, Darren who is a 15 year old boy had recently relapsed and was wetting again almost every night. He was placed on the bell and pad alarm and whilst that had worked effectively in the past, he wasn't responding well to treatment this time round. The primary reason for treatment not working was that Darren was not waking to the bell. His mother had to come into his room after the bell had been ringing for several minutes and literally shake him vigorously to wake him.

Dr Hall devised a plan for Darren to assist him to wake more effectively to the bell. After only two nights of following the plan, Darren was waking to the bell quickly and soon after was permanently dry at night.



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The Plan:

- After the bell has sounded and the child has gone to the toilet and changed sheets, cleaned up etc..
- **THEN** the parent takes the bell to the other side of the room whilst child is in bed, waits for 30 seconds then rings the bell.
- Child then has to get up, turn the bell off, go to the toilet and then back to bed.
- Parent then waits 30 seconds before ringing the bell again and child is to repeat the above process. Repeat ten times.
- If on the following night child doesn't wake to the bell then repeat the same procedure again and repeat if necessary the following night.

Please note:

If you are not using a bell and pad alarm, you can use the same procedure outlined above with the Secret Alternative (The Alarm Clock Method).



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Dr Jan's Secret Alternative

Dr Jan's secret inexpensive alternative to the Bell and Pad alarm.

Quite often access to a bell and pad alarm can be difficult, not to mention **expensive**. For some children, particularly adolescents using a bell and pad alarm can be intrusive and somewhat embarrassing. **Dr Hall's secret alternative** is also very useful if the child's **wetting is infrequent**.

Case Study:

An eleven year old boy from rural Victoria was wetting approximately four times a week and had previously tried a bell and pad alarm and had managed to reduce the number of wet beds to two a week. Although he was pleased with this result, he desperately wanted to be permanently dry. After only six weeks of using Dr Hall's secret alternative together with positive affirmations and imagery he had achieved complete dryness.

Dr Janet Hall offers an inexpensive and effective alternative!

The Plan:

The program is called the "**Hard Version Alarm Clock Method**" and it is based on frequent alarm conditioning, which conditions the body to wake up, get up and therefore prevent wetting.



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You will need:

- An alarm clock (preferably the old fashioned wind up ones, because they seem to have the loudest ring, however any alarm clock will do).
- You will need to determine approximately what time your child (adolescents should be responsible for determining this) wets the bed and bedtime, and then set the alarm clock accordingly. For example, if your child goes to bed at 9:00pm and usually are wet by 11:30pm, then you would set the alarm for 10:30pm. The objective is to raise the child's awareness to a full bladder before they actually wet.

When the alarm rings:

- Turn it off
- Go to the toilet
- **If wet**, change sheets, go back to bed (alarm remains off)
- **If dry**, go back to bed (alarm remains off), followed by a reward the next day (a sticker sheet with stickers usually works well for younger children 4 – 8 year olds) and for older children a small token reward that appeals to them.

The next night:

- **If dry the night before**, set the alarm clock **one** hour later.
- **If wet the night before**, alarm clock remains set at same time as the night before.



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Example:

<u>DAY</u>	<u>ALARM SET</u>	<u>RESULT</u>
1	11:30pm	DRY (increase alarm by 1 hour)
2	12:30am	DRY (increase alarm by 1 hour)
3	1:30am	DRY (increase alarm by 1 hour)
4	2:30am	WET (Return alarm set to day 1)
5	11:30pm	DRY (increase alarm by 1 hour)
6	12:30am	WET (Return alarm set to day 1)
7	11:30pm	DRY (increase alarm by 1 hour)

This program needs to be followed for **at least 4 weeks** or until 14 consecutive dry nights have been achieved, and accurate records should be kept.

It is also very valuable to read **How You Can Be Boss Of The Bladder**, because knowledge is power.

It's important that you read the book as often as you can by bombarding your unconscious mind with this knowledge.

If you have further enquiries about this program please do not hesitate to contact us at the Boss of the Bladder program on (03) 9419 3010.