

BY BENTE MERCER, MEd., CPHP

# 7 SEVEN STEPS TO Nighttime Dryness

A Practical Guide for Parents  
of Children with Bedwetting



SECOND EDITION

Renee Mercer

## Seven Steps to Nighttime Dryness: A Practical Guide for Parents of Children with Bedwetting - Second Edition



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Your son or daughter can win the bedwetting battle! Did I do something to cause this issue? Renee Mercer will set your mind at ease. Every night, millions of kids go to sleep hoping that this will be the evening they awaken dry. Her initial edition of Seven Methods to Nighttime Dryness offered 60,000 copies. How long until my kid outgrows bedwetting? Can he (or she) ever bable to visit a sleepover without worrying about being discovered ? If your son or daughter is one of these, you know how frustrating and unpleasant this problem could be. A pediatric nurse practitioner with years of achievement helping kids learn to stay dry at night, she's garnered a loyal pursuing of grateful parents. you question. In her second edition she provides a positive, practical, proven approach that can end your son or daughter s bedwetting now.



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Best Dry Night Publication Ever This book is excellent. It contains useful, practical, user friendly tips on keeping your older child dried out at night. Tip: Look into constipation for nighttime wetting. I've read everything I possibly could find on this subject within the last two years and this publication still provided some new details (eg double voiding . Simple fix and as soon as we cleared her away, not a wet night in the last two months.. which really helps). This is also the first time I've read of a technique for using a star chart which will actually encourage a child that is seldom dry. The just things I would add is that (1) you can now get cheap bedwetting alarms on eBay that clip to the clothes and work very well (\$10 including postage), (2) we found using our alarm with a draw up worked best (put on underwear, then place alarm sensor on the outside of the underwear, then put a pullup right on top). We could still inform whether it was a little, medium or huge wet (and yay! Fantastic resource. That is more expensive though, because you have to buy pull-ups. When he got 3 points he could buy a small gift. Okay.... It had been amazingly useful, informing the reader what to expect and how to use the alarm, setting up rewards for the kid, etc... Utilized along with wetness alarm (Wet-End3 Bedwetting Enuresis Alarm with Loud Sound and Strong Vibration) with 7 1/2 yo boy with ASD for 6 weeks. All the best! Five Stars Exceptional information for parents and includes sources and resources for parents to get needed supplies and useful tools. Effective guide, reasonable expectations. I was hoping to find something brand-new in it. I didn't. I totally recommend this book to any family fighting this issue. If it doesn't work for you, don't waste your cash.. If this can be a new problem in your household, you might find it useful. Why do I buy it? when it was totally dry), but it designed that all we'd to wash was the underwear (not really the sheets every day). essentially, there is definitely nothing incorrect with it. Had one dry night in week 3, then started dried out nights every evening in week 4. Boy is quite happy with himself and says "I love my alarm". Has been dried out for over a month now without alarm. My 4 year previous used this product and it really . Summary: make use of a wetness alarm... We also used a motivation with it. Every night he was dry or got up to utilize the bathroom, he earned a point. But for our kid (who provides Aspergers) it prevented the night time upset that could come with wet sheets. Then we elevated it to 5 points, then 10. I would suggest parents read this before starting a regime using an alarm. He didn't mind the merchandise at all. A must go through for parents and clinicians! I received a copy of the book with some sample items for the treatment of enuresis. Not really until I had a need to make use of an alarm for my own son did I read the book. The book is alright. It's written in very clear language and is easy to understand. I've since purchased many copies to possess for patients to whom I make the recommendation to use an enuresis alarm. Good, clear information Good, clear information. Ideally it can help us prevent the bedwetting in conjunction with an alarm. Completely trained at that time.. That ended up becoming my daughter's problem. Simply the book says to use a wetness alarm and doesn't actually offer other options so it was a waste materials of time and money since the alarm scared my daughter and wasn't a choice for her. Excellent resource Using the practical ideas out of this book (along with Sammy the Elephant and Mr. Camel) helped my 6 yo child overcome night time wetting in about 6 weeks. So useful in explaining a subject that is normally hard to speak about especially with your child. Have recommended to friends whose children possess suffered the same embarrassing condition. I, having acquired this problem for a while with my 7 season old, and having performed my research, did not think it is particularly useful. Great Book, very useful Great Book , very helpful , Helpful Good suggestions It is an excellent book but for us we also have to complement . My 4 year outdated used this product and it really helped him from bed wetting.. It is an excellent book but also for us we also need to complement it with some medicine as yet another support



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