Star Charts for Bedwetting

Star charts are a kind of reward system to encourage desired behaviour.
Rewards can be used to reinforce behaviour aiming at dry nights and
- Helps maintain self image
- Helps reverse negative emphasis on wet beds.
- Only sometimes cures bedwetting

Rewards should be used with lots of praise smiles and hugs.
Sometimes a positive comment e.g. "I like the way you go to the toilet before bed" combined with a hug is all that is required. **J**

> **_Rewards work best when combined with an alarm programme or scheduled wakening._**

What behaviours to reward

- **Keep things simple.**
- Reward effort rather than result – remember keeping bed dry is not directly under the child's control.
- Behaviour rewarded needs to be defined, clear and observable.
- Reward small steps - Break behaviour down to achievable goals
- Allow early success and rewards
- Avoid different rewards for different behaviours
- Highlight one behaviour at a time
- Change menu from time to time

Examples:
- ✓ Going to toilet before bed
- ✓ Getting up to go to toilet
- ✓ Getting up to alarm
- ✓ Helping to change wet sheets
- ✓ Stop functional payoff eg not going to parents' bed after wetting.
- ✓ Not having temper tantrums

Be Careful
Stop if child is bored or can't achieve goals, this can undermine their confidence.

How to reward

- Chart should be specially made for each child and family
- Make chart interesting and attractive, older child may prefer diary
- Negotiate rewards the child truly values, but do not "break the bank"
- A limited choice of items gives mastery.
- Allow child to reward the whole family eg play at park, video rental
- Immediate reinforcement is best – use a token or sticker to swap later
- Once the reward is given, it should not be taken away.

Always give Praise

Examples of rewards: Best rewards cost time rather than money
- ✓ Special time with parents, e.g. 10 minutes extra playtime with parents.
- ✓ Extra privileges at home, e.g. choosing dessert for family.
- ✓ Special activities outside.
- ✓ Trip to park.
- ✓ Choosing a favourite cereal at the supermarket.
- ✓ Coin or $2 shop.