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.

| 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.