

Cost

The programme is free for children and families/ whanau. It relies on donations for funding.

There is a refundable deposit of \$100 if you need to hire one of our alarms. If you are willing to make a donation toward these costs and support another child to attend the programme we would be very grateful.

How do I make contact with the bedwetting programme?

Please find our online referral form below: www.canterbury.ac.nz/education/schools-and-departments/school-of-health-sciences/pukemanu-centre/referral-form/

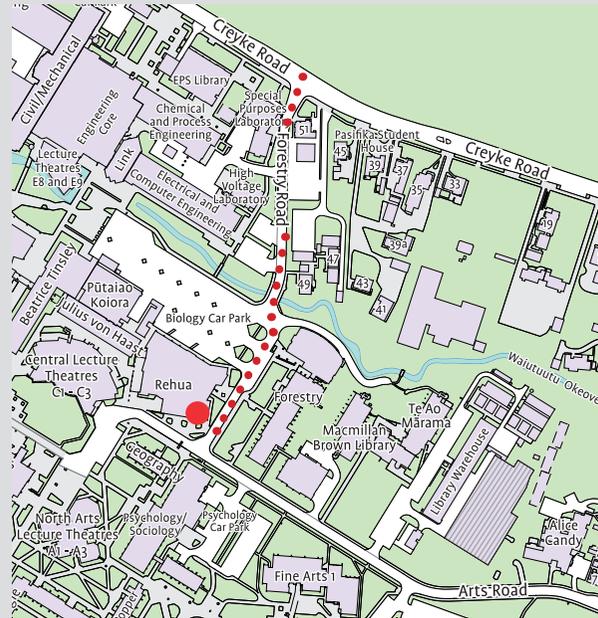
Email: hsclinic@canterbury.ac.nz

Location

The Pukemanu Centre is located in the Rehua building, corner of Arts Road and Forestry Road.

Access is from Creyke Road. Turn into Forestry Road. There are allocated carparks outside the Forestry building (on your left). Walk across Forestry Road to the Rehua building.

Take the lift to Level 2 and turn left to enter the Pukemanu Centre. Please check in at our reception.



For further information

University of Canterbury
Te Whare Wānanga o Waitaha
Private Bag 4800, Christchurch 8140, New Zealand
Email: hsclinic@canterbury.ac.nz

Bedwetting Programme



Are you sick of:

- Wet beds or the cost of pull-ups?
- All the extra washing and showering?

Have you tried everything?

Then our programme is for you!

Thousands of school age children in New Zealand wake up in the morning to a wet bed. Bedwetting can become quite a drain on a whanau/ family's energies. On top of resulting in heaps of extra washing and showering, bedwetting can affect children's and teenagers' self confidence. It can get in the way of sleepovers, school camps and holidays with friends.



Pukemanu Centre Bedwetting Programme

The programme

The bedwetting programme followed at the Pukemanu Centre has been evaluated and found to work in 8 out of 10 children. Generally it takes about 6 to 10 weeks for participants to become completely dry at night. Runs in April and September.

The programme's success is believed to be the result of 5 key features:

- A first night of intensive training, including bladder retention training
- Use of a wet bed alarm
- Reward programme
- Self monitoring and support from a trainee Child and Family Psychologist
- Cleanliness training

Who should attend the bedwetting programme?

- Children or teenagers (with their parents/ whanau) **8 years and over** who are wetting at least once a week
- Children or teenagers who are **dry during the day** and have **good bowel control** most of the time and
- Who are generally **co-operative** at school and at home and
- Whose families/ whanau are not going through a particularly stressful time (such as parents separating)

Before you start the programme you need to:

- Take your child to their GP and ask the GP to rule out any physical reasons for the wetting
- Keep a 14 day record of wet and dry nights
- Check you and your child are motivated
- Meet with programme staff for an initial assessment



Acknowledgements

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