

# Working Suggestions for Bed Wetting (Enuresis)

**Ernie Telkemeyer, C.Ht.**

This is meant to give you working suggestions for bed wetting. You will need to add or subtract parts of this suggestion to tailor it to the individual child. These suggestions are based on what I use and some of the late Walter Sichort.

You should always be sure that the child has been medically checked out. Make sure that they do not drink anything two to three hours before going to bed and that they go to the bathroom prior to going to bed.

Encourage them to practice putting off going to the bathroom as long as possible during the day to build up strength and capacity in the bladder.

I always talk the suggestion over with the child if they are old enough to understand... and always use their language... use the words that they use... (pee the bed... wet the bed... piddle... or whatever).

One of the first suggestions I give any child when I get them hypnotized is that they are a very good boy or girl and that they are very intelligent... and that since they are such a good boy or girl, I know that they are going to be able to go all night with a dry bed... that way your bed won't smell bad in the morning when you get up... you will be able to sleep away from home or have friends over, because you are going to have a dry bed from now on. Because we both know that you are a very intelligent boy or girl and that you are going to wake up and go to the bathroom before you can have an accident... because there will be a little voice, sort of in the back of your head, that will wake you up. You may not always hear it, but it will be there just the same... and the moment it wakes you up... I want you to sit up... turn around and out your feet on the floor.. and you will realize that you need to go to the bathroom... this is always going to work for you because that little voice will wake you up before you have an accident. Since you are such a good boy or girl... you are going to get up and go to the bathroom... so that you will always have a dry bed from now on.

If I determine the child is a severe enough bed wetter, on the first session I suggest the child cannot urinate lying down. Or if I'm not having enough success on the second session I may give this suggestion.

*Ernest Telkemeyer is a registered and certified hypnotist in the state of Illinois, Quad City area. For additional information, or to contact him please write or call at 338 Hazelwood, Genesco, IL 61254, (309) 441-5014*