

information &
product guide



A helping hand. A willing ear. A supportive word.

INDEX

Who's ERIC?	3
Introduction	4
Constipation & soiling	5
Daytime wetting	6
Bedwetting	7
Potty training	8
The right to go	9
Support	10
Voices waiting to be heard	11
Help us make a difference	12
Webshop	13
Bedwetting alarms	14
Bedside alarms	15
Body worn alarms	15
Daytime wetting & soiling	17
Protective Pants/Bedding Protection	18
Dry Like Me	19
Brolly Sheets	20
Nights away & days out	21
Leaflets, charts & publications	22
Books & useful resources	22
Enuresis alarm bulk ordering	23
Continence training	23
Contact details	24

Welcome to ERIC's information and product guide which combines some key information about childhood continence issues, explains what else we do at ERIC, how much more we could help you and how you could get involved. It also highlights some of the more popular products that you can find in our comprehensively stocked webshop at www.ERIC.org.uk

For many people who contact ERIC, it is the start of a journey towards finding out how to manage a problem or to finding a permanent solution. ERIC recognises each person is different and this is reflected in our unique and personalised service. Please remember that ERIC is with you and available to support you every step of the way. We hope you don't just visit ERIC once, we hope you will visit the website, call the Helpline or view our message boards to give you the support you need along the way.

As the only charity that exists in the UK solely for children and teenagers with continence issues we are proud of the work we achieve and the number of people we help each year.

I'd like to thank you for your support and hope you'll be in contact today, tomorrow or whenever you're ready. ERIC is always here to help.



Jenny Perez
Chief Executive

SO WHO'S ERIC?

ERIC (Education and Resources for Improving Childhood Continence) is the UK's only childhood continence charity.

From relatively humble beginnings with just three staff members in our Bristol office, ERIC has grown into the leading national organisation for help and guidance on children's continence issues. We have all been delighted to celebrate our 25th Anniversary during 2014. A children's writing competition, the raised profile of the wonderful Wee & Poo characters, and the formation of children's and parents' panels, all culminating in the ERIC conference, which has attracted professionals with an interest in children's continence from all over the world.

Across the UK around 1 in 12 children and young people suffer every day with an ongoing continence problem such as day or night time wetting, constipation or soiling. Living with these problems can have a major impact on the wellbeing and quality of life of children and their families, and we know that many struggle to get the support they truly need.

ERIC is proud to act as the voice for all children and young people with continence problems and their families, and we campaign actively to improve continence services and care within NHS and educational settings. We also provide lifeline services, support and resources, such as our Helpline, online message boards and our comprehensive website, www.eric.org.uk

ERIC'S MISSION

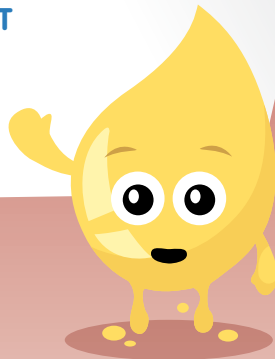
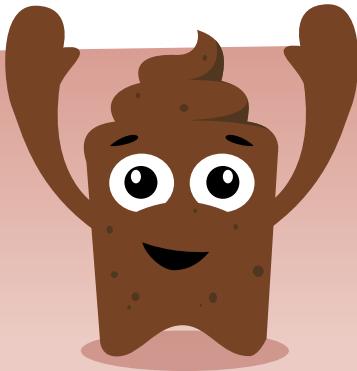
To improve the lives of children with continence problems by providing support services, campaigning for change and giving young people and their families a voice. We:

EDUcate, **I**NFORM AND **S**UPPORT

REDUCE THE **S**TIGMA

INSPIRE **P**OSITIVE **C**HANGE

COMMUNICATE **B**EST **P**RACTICE



INTRODUCTION

If your child has a bladder or bowel problem you may not know where to turn. Understandably, problems like these can be very stressful and embarrassing for families to deal with. Bedwetting, daytime wetting or soiling (generally doing a poo in their pants) are sometimes called continence problems, and they are common in childhood.

It is estimated that 1 in 12 children in the UK between the ages of 5 and 16 experience continence problems. So, although you may feel you are the only family to have a child who wets or soils, you are certainly not alone.

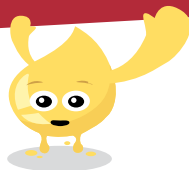
The good news is wetting and soiling problems can almost always improve or be overcome with the right help and support, or treatment.

This booklet, produced by ERIC will give you some ideas of what you can try. It provides basic general information on bedwetting, daytime wetting, constipation and soiling and potty training, plus how you can get additional help and who you can talk to.

We know every child is different, and we do not pretend to be able to cover every situation in the booklet. We would urge you to visit our website at www.eric.org.uk, many 1000's do every month, for a much more comprehensive view and a vast array of information as well as an opportunity to discuss your issues with parents in a similar situation via our message boards.

Please do remember that if you have any concerns about your child then you are welcome to contact the ERIC Helpline.

HELPLINE
0845 370 8008



INFORMATION & SUPPORT

CONSTIPATION AND SOILING - YOU ARE NOT ALONE

Possible reasons for soiling

- Sometimes very young children have not learnt to fully recognise when they need to open their bowels.
- Constipation happens when poo builds up in the bowel and becomes hard and difficult to pass. Soiling happens when runny poo leaks around the hard lump or little pieces of poo 'sneak out' without the child knowing.
- Some children 'hold on' to their poo and it 'sneaks out'. This can occur after a painful or uncomfortable poo.

Tips to help with soiling

- A visit to your doctor is always recommended if your child poos less than three times a week or you suspect constipation.
- Medication from your doctor will help soften poo and clear the constipation. To avoid recurring constipation it's important to continue the medication until your doctor advises it can be stopped.
- A healthy balanced diet, exercise and 6-8 drinks spread through the day can help your child avoid constipation.

To find
out more about
Constipation and Soiling, visit...

www.eric.org.uk/constipation



INFORMATION & SUPPORT

DAYTIME WETTING - YOU ARE NOT ALONE

Possible reasons for daytime wetting

- It is not unusual for younger children to become so engrossed in an activity that they overlook the signal to go to the toilet.
- It can be linked to changes in routine such as moving house or a new sibling.
- Needing to go to the toilet often and very urgently are symptoms of an overactive bladder.
- Feelings of constantly needing to go to the toilet are symptoms of a urinary tract infection or constipation.

Tips to help with daytime wetting

- If your child starts to wet in the day, or you have any concerns about your child wetting, a visit to your doctor for an assessment is always recommended.
- Teach girls to sit on the toilet in a relaxed position, with feet apart and resting on the floor or a step. Lean forward slightly and let the urine out in a continuous steady flow.
- Teach boys to aim at a target in the toilet to improve the stream.
- Drink regularly through the day (6-8 drinks a day) and use the toilet regularly through the day (4-7 times a day).

Treatments for daytime wetting

- Medication is available for an overactive bladder or constipation.
- A simple test will rule out a urinary tract infection.
- A toilet and drinking routine are often included in treatment plans.

To find out more about
Daytime Wetting, visit...

www.eric.org.uk/daytimewetting

or visit the Parent, Teenager or
Children's Message Boards



INFORMATION & SUPPORT

BEDWETTING - YOU ARE NOT ALONE

There are three main reasons why children wet the bed

- They are not producing enough of a hormone called vasopressin which slows down production of urine at night.
- They have an overactive bladder. Signs include rushing to the toilet and needing to wee frequently.
- They don't receive the signal of a full bladder.

Tips to help with bedwetting

- Encourage your child to use the toilet just before bedtime.
- Drink regularly through the day but reduce drinking an hour and a half before bedtime.
- Certain drinks, like cola, milk, tea, coffee, blackcurrant squash and drinking chocolate can stimulate the kidneys to produce more urine.
- You could try excluding them one at a time and see if it makes a difference.

Treatments for bedwetting

- Bedwetting alarms have a good success rate. They work by waking a child as soon as they start to wet, causing them to then hold on. Gradually the child learns to wake and hold on without the alarm.
- The most commonly used medication for bedwetting is desmopressin. It doesn't work for all children, but if it does work, it can be taken long term, providing your child has 3 monthly reviews. It is available only on prescription.

To find out more about
Bedwetting, visit...

www.eric.org.uk/bedwetting

or contact the ERIC Helpline

0845 370 8008

or email helpline@eric.org.uk

 [eric.UK1](https://www.facebook.com/eric.UK1)  [@eric_UK](https://twitter.com/@eric_UK)



INFORMATION & SUPPORT

POTTY TRAINING - YOU ARE NOT ALONE

Signs of readiness to start potty training

- Staying dry for a couple of hours between wet nappies.
- Regular or predictable bowel movements.
- Showing awareness of bladder or bowel movements.
- Showing an interest in others using the toilet and imitating.

Tips to help with potty training

- Plan ahead.
- Stay calm and make potty training fun for you and your child.
- Don't feel pressurised to start by others. Your child will be ready in their own time.
- Involve your child in buying a potty and pants.
- Encourage your child to sit on the potty every couple of hours.
- Don't keep your child sitting on the potty for too long.
- Give lots of praise.
- Accidents will happen.
- If things are not progressing after a couple of weeks put the nappies back on and try again in a few weeks. Your child may not be ready.



To find out more about
Potty Training, visit...
www.eric.org.uk/pottytraining
FREE leaflets to download



THE RIGHT TO GO: HELPING SCHOOLS AND NURSERIES TO MANAGE CONTINENCE ISSUES

ERIC, in partnership with PromoCon, has launched new resources to help improve the management of continence issues in primary, secondary and early years' settings.

The Right to Go resources highlight the need for schools, parents and healthcare professionals to work in partnership to ensure that child continence issues are managed effectively - and where possible, help children and young people to achieve continence.

ERIC believes that all schools and nurseries should have a continence policy in place, that every child and young person should have the right to go to the toilet when they need to, and that there should be access to good quality toilet and drinking facilities.

The Right to Go resources feature information on the development of common childhood continence problems, details on how to create a continence policy and individual health care plans and ways to support children with special needs who have continence issues.

ERIC is urging parents, healthcare professionals and school staff to download and share the resources within local educational settings.

For more information, visit ERIC's website:



**The
Right
to
Go**



SUPPORT

ERIC works hard to provide what is a truly valued service to the thousands of parents, young people and professionals who contact us for support and information every year.

Our Helpline & Information Advisors are experts in the field of childhood continence and regularly update their knowledge so you can be sure that the support you are given is first class. The information given is backed up by a website full of useful resources including a series of new leaflets that are free to download; our webshop carries the most comprehensive range of continence products to help manage the problem and message boards to interact with others who are dealing with the same problems.

All who contact the ERIC Helpline can be sure they will have all the time they need to explain their problem, talk through why it is happening and discuss ways to manage or resolve it.

SOME FEEDBACK FROM PARENTS:

"A very professional, helpful service. I was given all the help and reassurance I needed. Many thanks!"

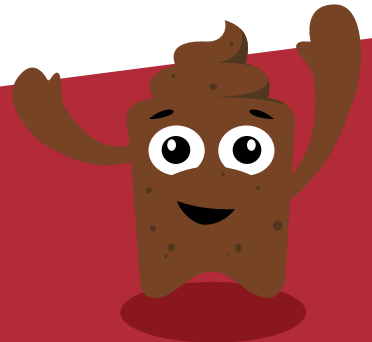
"I felt like no one could help but everything I was told made sense - this was so reassuring."

"Did it help to talk to someone on the ERIC Helpline?
Yes, Yes, Yes, Yes, Yes, YES!"

"A brilliant resource - thanks."

"What an incredible, amazing service. Thank you for helping me and keeping me sane."

ERIC HELPLINE
0845 370 8008
EMAIL:
helpline@eric.org.uk



VOICES WAITING TO BE HEARD

In our 25th year as a charity, an important part of ERIC's forward-looking strategy is to found a Children's Panel and a Parents' Panel. The goal of these two groups is to have direct input from our beneficiaries into the work that we do. It's important to us to have YOUR input into ERIC, so these groups will be able to help shape and influence the Services that we offer, and to participate in some of our projects and fundraising events.

Children's Panel

This group will be formed of a range of children of different ages affected by the continence issues that we provide support for. We would love to hear from you if you would like to get involved! Our plan is to get the panel together a couple of times a year for an opportunity to hear your views and ask what more ERIC could be doing to help you manage the difficulties you face with Wee and Poo.

Parents' Panel

The parents group will probably (but not exclusively) represent younger children who may not be represented on the Children's Panel. We are looking for the parents or other carers of those affected by continence issues to inform and guide ERIC as we strive to provide the best possible service for our beneficiaries. As with the Children's Panel we'd like to get together a couple of times a year, to consult you on the projects and other initiatives that we are working on.

How do YOU think we should be supporting you?

Are there products you know about that we could be selling through the ERIC Shop? Do you find our leaflets and brochures helpful? To get involved please let us know by sending an email to info@eric.org.uk.



JOIN IN THE CONVERSATION

ERIC hosts a number of online communities and forums, where children, teenagers, parents and healthcare professionals can share information, support, experiences and opinion. Plus, you can keep up to date with the latest ERIC news and our campaigns to improve the health and wellbeing of children with continence problems.



Facebook/ERIC.UK1 Hundreds of parents and young people have joined ERIC's Facebook page, a space to share stories and support others as they deal with childhood wetting, soiling and constipation.



Twitter@ERIC_UK Follow ERIC on Twitter and help us to break down the stigma surrounding childhood continence problems.



The ERIC Blog – ericuk.wordpress.com Regular blog posts and opinion from parents, young people, ERIC staff and other childhood continence experts.



ERIC's Message Boards – eric.org.uk Safe, supportive spaces for children, teens, parents and healthcare professionals to talk to others about childhood continence issues.

HELP US MAKE A DIFFERENCE

Our Helpline & Information Advisors are experts in the field of childhood continence and regularly update their knowledge so you can be sure that the support you are given is first class. The information given is backed up by a website full of useful resources including a series of new leaflets that are free to download; our webshop carries the most comprehensive range of continence products to help manage the problem and message boards to interact with others.



MAKING A DONATION IS SIMPLE:

- Visit www.eric.org.uk/donate
- Text ERIC1210 to 70070 to donate £10. You will receive a reply giving you the option to add gift aid to your donation
- Add a donation onto your order from our webshop or make a donation over the phone on 0117 301 2101
- Send a cheque payable to ERIC to:
ERIC, 36 Old School House, Britannia Road, Kingswood,
Bristol BS15 8DB



We believe that no child or young person should suffer unnecessarily because of a wetting or soiling problem, but only with your help can we make it possible for every family to receive the information and support they need.

OTHER WAYS TO SUPPORT OUR WORK

- **Join Team ERIC!**
ERIC encourages all kinds of challenge events – so whether you're into rowing, cycling or attempting to set a World Record, we'll be behind you all the way.
- **Hold A Workplace Fundraiser!**
As well as the perfect excuse to have fun, fundraising at work is also a brilliant way to boost staff morale: A cake sale or office bake-off competition, dress down or fancy dress Friday or why not bring lunch for your colleagues and charge them a fiver each.
- **Host a Good Morning for ERIC!**
Show your support for families who rarely enjoy a good night by hosting a Good Morning. For your free Good Morning fundraising pack contact us.

Contact ERIC on 0117 301 2103

ERIC WEBSHOP

ERIC has developed its webshop and is proud to offer visitors the UK's most comprehensive range of Children's Contenance products.

The next few pages highlight some of the most popular products including bedwetting alarms, our popular range of bedding and mattress protection, items ideal for those managing daytime wetting and soiling, and our range of books and useful resources.

Please ensure you visit our shop at www.eric.org.uk/shop to view our full range of products and to keep up with our latest special offers.

If you are looking to purchase any item from ERIC please do remember that when you buy from us you are enabling us to support many more children and young people across the United Kingdom.

We would encourage you to phone our customer service team on 0117 301 2100 should you have any questions about the products we supply.

Many thanks

*The Customer
Services Team*

All prices and images shown are correct at time of printing. ERIC reserves the right to amend the pricing or product without prior notice.



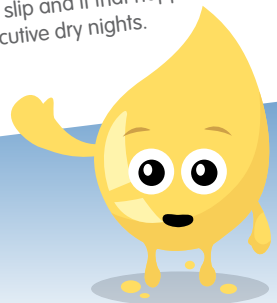
BEDWETTING ALARMS

Proven aids that can help children achieve dryness sooner...

Alarms are a highly successful form of treatment for bedwetting particularly if used with guidance from a health professional. The NICE Guidelines on Childhood Bedwetting list bedwetting alarms as the first line of treatment. They can be used from the age of 5 depending upon the level of motivation and the child's ability to manage the alarm independently. Parental help with waking the child is vital at the early stages of the treatment. ERIC provides quality support and professional guidance through its accompanying booklets and confidential Helpline service.

ERIC's Alarm Top Tips:

- ✓ A key element in the success of the alarm is your child's levels of motivation and understanding that waking to the alarm is the treatment.
- ✓ Do start with realistic expectations. It can take 2-3 months for the average child to be consistently dry and some may take longer.
- ✓ Discuss with your child the actions you expect him or her to take when the alarm goes off i.e. get out of bed, go to the bathroom, change your pants, strip bottom sheet...
- ✓ Go through the actions again at bedtime.
- ✓ Some children may struggle to fully react to the alarm, wake and then respond by going to the bathroom on their own for the first few nights. Acting on the alarm is a learned response and we actively encourage parents to help their child when the alarm is first introduced.
- ✓ At the start of this process you may find that the child may have emptied their whole bladder by the time they respond to the alarm. Over time the new response will be one of stopping the flow when the alarm sounds.
- ✓ When you hear the alarm but your child has not woken, gently wake up your child and get them to switch the alarm off. It is then important to remind your child of the next steps you discussed and actively encourage them to carry these out.
- ✓ Many children wet more than once per night so ensure you reattach the alarm to clean underwear after each episode of wetting. As your child makes progress the nightly wetting episodes will decrease.
- ✓ The journey to night-time dryness can be a difficult one for the child so praise and support should be given for things such as simply wearing the alarm, going to the bathroom once the alarm has sounded or changing their pants and NOT just for the nights they are dry. You might want to consider rewarding your child's success and we have our own reward charts in our webshop.
- ✓ Even when the child believes they are dry encourage them to continue to wear the alarm until they have had 14 consecutive dry nights. There can be the odd slip and if that happens just go back to using the alarm until there have been 14 consecutive dry nights.
- ✓ Cleaning the sensor every morning will help prolong its life.
- ✓ Discontinuing the alarm prematurely can lead to a relapse.



ERIC is proud to be a supplier of the Award Winning Malem range of bedwetting alarms. This highly popular range of Alarms is designed to ensure maximum success in the treatment of bedwetting and provide a safe, efficient, economical and permanent cure.

Alarms speed up the natural development process so that a bedwetting child will know that within 12 weeks of using the alarm they have a very high chance of being dry, this is in contrast to the 15% chance per year that nature would provide without using an alarm.

BEDSIDE ALARMS

This alarm has a 'noise box' which is placed beside the bed and a sensor Bed-Mat which is placed beneath the lower bed-sheet. The sensor Bed-Mats are replaceable items and it is recommended they are cleaned frequently. The alarms not only teach the child to hold on but make the brain aware that the bladder is not under control and it is the brain, which in time, after being repeatedly reminded by the alarm that will start to exert control over the bladder leading to a dry child.



Malem M06 Bedside Alarm

Unique and colourful, the M06 is supplied with a reliable embossed plastic Bed-Mat (replaceable and not covered under guarantee) and 4x AA alkaline batteries. Choice of any one of 8 loud single sound or 8 random sounds, only one sound is activated each time the alarm is triggered, alternatively record your own sounds, music or personal message! Volume and sensitivity control.

£137.00 M06



WIRELESS ALARMS

Malem M012 Wireless Alarm

Ideal for children who do not want to wear Pyjamas in bed

Receiver can sit up to 25 metres from the transmitter. Comfortable, compact & light-weight. 8 random sounds help prevent 'Auditory Accommodation'. Volume control and flashing LED. Additional receivers & Transmitters are available.

£115.00 M012



Malem M07EC Wireless Alarm

Ideal for use with children with learning difficulties

This alarm can be used day or night in two ways – simply to indicate urination so that the child can be changed and avoid the complications associated with the child remaining wet until discovered. It may also be used to develop a toileting regime by tabulating the child's urination times a bladder activity pattern can be observed and the need for the toilet anticipated.

Choice of 8 preset sounds or record your own sounds, music or personal message. Volume control with minimum limit. Day & night use.

£135.00 M07EC

All Individual Alarms sold by ERIC will include full instructions as well as the booklets 'You & Your Alarm' and 'Your Child's Alarm' and are guaranteed for 1 year (excluding sensors, sensor mats, batteries and damage or misuse)

ORDER BY PHONE 0117 301 2100
OR ONLINE www.eric.org.uk



BODY WORN ALARMS

The first choice amongst parents and health professionals, these bedwetting alarms have a small 'noise box' which is pinned or clipped to the pyjama top (collar bone area) and sensors that either clip to the outside or are placed between two pairs of pants.

These sensors are replaceable items and their lifespan can vary depending upon the amount of use (i.e. the number of times per week the child has wet) and the method or regularity of cleaning these items. Versions are available with a choice of single tone, multi-tone or vibration options, some emit a flashing glow when sounding. **The NICE Guidelines on Childhood Bedwetting list bedwetting alarms as the first line of treatment.**

Malem® M03 Alarm

Colourful with choice of single tone or vibrating version, the alarm also emits a flashing glow when sounding. Colour randomly selected. Supplied with externally detachable replaceable gold plated flat plate sensor. MAL4

£69.00 M03 Single Tone

£69.00 M03(8) randomly selected sounds

£69.00 M03(V) vibrating only version

Malem® M04 Alarm

Colourful alarm designed to help the most challenging sufferer. Colour randomly selected. Choice of just sound or vibration only or combined sound and vibration (single tone or 8 random selected tones) the alarm also emits a flashing glow when sounding. Supplied with externally detachable replaceable gold plated Easy-Clip sensor. MEC

£94.00 M04 Single Tone

£94.00 M04(8) randomly selected sounds

Malem® M05 Alarm

Ideal for children with learning disabilities as this alarm allows you to record your own sounds, music or personal message. Choice of just sound or vibration only, or combined sound and vibration and flashing glow.

£103.00 M05 Single Tone



Dry-Me bedwetting Alarm

The popular Dry-Me alarm has three customisable alert settings that allow you to pick between sound & vibration, sound only, or vibration only. When sounds are used, the alarm will play 8 random sounds so that your child does not tune out one specific sound.

£39.95 DM18 8 randomly selected sounds/vibration or both



IF YOU ARE UNSURE OF THE SUITABILITY OF A BEDWETTING ALARM FOR YOUR CHILD - PLEASE PHONE CUSTOMER SERVICES 0117 301 2100



**ORDER BY PHONE 0117 301 2100
OR ONLINE www.eric.org.uk**

All Individual Alarms sold by ERIC will include full instructions as well as the booklets 'You & Your Alarm' and 'Your Child's Alarm' and are guaranteed for 1 year (excluding sensors, sensor mats, batteries and damage or misuse)



DAYTIME WETTING AND SOILING

Vibrating Reminder Watches

The vibrating watch has become an increasingly popular way for parents and children to manage daytime wetting problems with just a gentle reminder that you need to pop to the loo. The Journal of Urology showed that 60% of children with daytime wetting problems benefited from using a vibrating watch. ERIC now carries a wonderful range of child friendly vibrating watches including:

Malem Vibro-Watch 'S' -

with Memory, Light & Lock

This superb new addition to the Malem Alarm and Watch range is designed for the smaller wrist but retains the same features and quality of manufacturing of the larger watch.

- Multi-Function vibrating and/or sound alarm watch. 12 Independent specific-time alarms.
- Memory retains all settings, very important during battery changing.
- Electroluminescence backlight effective for use at night. Periodic auto repeat alarm.
- Lock mechanism to prevent accidental change of settings

£62.99 Available with **Blue**, **Pink** and **Orange** straps



Rodger Vibrating Watches

This exciting new range of Vibrating watches from Rodger come in colours that are just a little bit out of the ordinary! In luminous Green, bright Red and Purple we are sure they will appeal to a lot of Children.

- Up to 8 daily alarms. Choice of Vibration or sound alarm or both
- 4 modes of operation: Time, Alarm, Countdown timer & Stopwatch

£36.95 available in **Green**, **Red** and **Purple**



VibraLite Mini

The VibraLite Mini is the world's smallest vibrating watch, measuring just 1.2" x 1.51" x 0.48" making it Ideal for children and people with smaller wrists

- Setting up to 12 individual alarms. Notification flags let you know the watch is set correctly.
- Once set, a lockout feature prevents inadvertent changes
- Choose from vibration only, sound only, or sound and vibration

£39.98 available in **Blue**, **Pink** and **Black/Orange**



ORDER BY PHONE
0117 301 2100
OR ONLINE
www.eric.org.uk



PROTECTIVE PANTS FOR DAYTIME

ERIC has a special selection of daytime absorbent pants for both boys and girls, these are as attractive to wear as they are effective to use. They have been thoughtfully designed to look and feel, as far as possible, like ordinary underwear, all are machine washable and manufactured in the UK. The range covers simple Training Briefs through to Protective pants for soiling. Please visit the website for details of the full range available.

P&S Training Briefs for Boys & Girls

3 layer pants, with cotton outer layer and waterproof inner membrane soaking pad. Ideal for toilet training the pants will absorb approx. 285ml. Available in a choice of plain white or with pink hearts for girls and in plain navy or starships for boys.

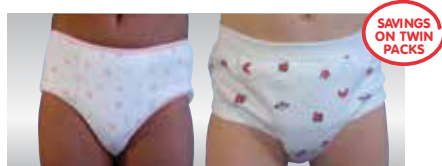
Available from **£8.45** per pair



P&S Concealed Briefs for Boys & Girls

100% cotton concealed padded briefs (cotton liner hides pad for discreet comfort), with extra gusset for additional pad as required, will absorb approx. 215ml. Choice of white or pink hearts for girls. In plain navy or starships for boys.

Available from **£8.00** per pair



BEDDING & BEDDING PROTECTION

Within our range of bedding we have attempted to take varied needs into consideration. As a result if you look on our website we feel sure that we will have the product to suit your need, however if you do not see what you are looking for then please do not hesitate to contact our customer service team who will make every attempt to ensure your needs are matched to the most appropriate product available.

Community Replacement Mattress with Permalux® Waterproof Cover

As used by the NHS for domestic and residential use, and ideal for children who bedwet. 13cm foam covered in a durable wipe-clean, waterproof, vapour permeable material. Two-way stretch properties, reduces shear and friction (for greater comfort and care). Machine washable cover.

£175.00 PWM(S) Single

£252.00 PWM(D) Double

Permalux Waterproof and Breathable Duvet

Waterproof, wipe-clean duvet, soft, silent and 'breathable'. Non-allergenic.

£79.20 7.5 tog single

£85.00 10.5 tog single

P&S Mattress Protector

Non-woven bi-laminate fabric with straps for secure fitting. Waterproof and 'breathable' and machine washable

£24.95 BWSMP(S) Single

£29.95 BWSMP(D) Double

£33.75 BWSMP(K) King-size

HC Mattress Protector

Available as flat sheet or fitted sheet. Pure brushed cotton, with a 100% waterproof, 'breathable' Polyurethane layer. Machine washable, line dry only. Oeko-Tex Standard 100 (Class 1)

£27.50 HF(S) Single

£39.95 HF(D) Double

**ORDER BY PHONE 0117 301 2100
OR ONLINE AT www.eric.org.uk**



Award winning and endorsed by ERIC



DRY LIKE ME

NEW

DISPOSABLE PADS FOR POTTY TRAINING AND BEYOND

Dry Like Me pads are uniquely shaped to fit comfortably and add a discreet absorbent layer to children's own pants.



Dry Like Me pads reduce stress on parents and children by protecting clothing from wetting and soiling accidents. They can also help accelerate potty training because when wet the pad initially feels wet then bulks up, thus sending the clear signal to the child that they have had an accident.

One mum whose son is experiencing daytime wetting at school wrote recently:

"My husband bought them and we have never looked back - they have literally saved my life!!! Thank you."

For more information visit

www.drylikeme.com



Dry Like Me Early days are thicker and softer for greater and faster absorbency. Perfect to help make the first leap into own pants and for older children experiencing wetting accidents.

Perfect for protecting clothing from little accidents and to help give confidence when out and about. Also ideal for soiling accidents.



- Captures wee and poo
- Soft and comfortable
- Tabs for easy removal
- Uniquely shaped for children

£4.00	DLM Early Days	1 box = 18 Pads
£14.00	DLM/4 Early Days/4	1 box = 14 Pads 4 boxes = 72 Pads 4 boxes = 56 Pads



Wear in the front, in the back or in both for extra protection



BROLLY SHEETS

ERIC is proud to carry the hugely successful Brolly Sheets range. These tried and tested products are reliable, comfortable, discreet and represent superb value for money. All bedding products are machine washable and can be tumble dried with no PVC or Vinyl.



Brolly Sheet - Bed Pad with Wings

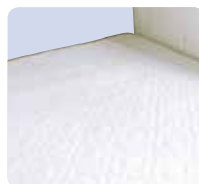
Brolly Sheets offer noiseless, discreet protection for your bed. Just place over your bottom sheet and tuck under the mattress. Quick and easy to change with a soft and comfortable 100% cotton top. Available in three sizes and five different colours. (White, blue, pink, red, & lime)



£24.95	£44.90	£30.95	£59.90	£36.95	£62.91
SINGLE	TWIN PACK	DOUBLE	TWIN PACK	KING SIZE	TWIN PACK

Quilted Mattress Protector

Quilted Mattress Protectors extend the life of your mattress keeping it fresh and free from stains and dampness. They feature a quilted top for comfort and are fully fitted for easy use.



£19.96	£34.90	£24.95	£43.90	£29.95	£53.90
SINGLE	TWIN PACK	DOUBLE	TWIN PACK	KING SIZE	TWIN PACK

Duvet Protector

100% cotton outer for ultimate comfort, protective waterproof barrier extends the life of your duvet. Soft and breathable with a zip closure.



£29.95	£54.90	£32.95	£60.90	£45.95	£81.90
SINGLE	TWIN PACK	DOUBLE	TWIN PACK	KING SIZE	TWIN PACK

Sleeping Bag Liners

Waterproof liners in two versions, both with a side opening for ease of access. Perfect if you have a child that wets up or wraps themselves around the liner. Simple: 2 layers of cotton jersey bonded together, in white or navy. Quilted: Bottom layer quilted, upper layer cotton jersey, in white only.



£34.95	£24.95
QUILTED	SIMPLE

Kids Car Seat Protectors

Simple and easy to use! 100% cotton top for added comfort & fits from a car seat up to a booster seat. Great for strollers and highchairs as they are absorbent and waterproof. Perfect for small spills and accidents. These are designed to be simple, easy to change and affordable.



£9.95

Available in Blue, Lime, Red & Navy

"I started using my Brolly Sheets on Sunday night, and just wanted to write and say THANK YOU!!! They are absolutely fantastic and have saved us so much sleep and my son absolutely loves them. Such a fantastic idea!"

Order online at: www.eric.org.uk



NIGHTS AWAY - DAYS OUT

A comprehensive range

Swimwear

A range of swimwear for children with bowel & bladder problems are available on our webshop.



Coverdry

Extremely popular for those odd nights away. Colourful fleecy wrap around bed protector with a three way use, the Coverdry wraps around the child to protect the quilt, pillow and bottom sheet. Discreet, comfortable and available in camouflage or pink spot design. Machine washable at 60°C and line or tumble dried.

£34.99 CVB Camouflaged

£34.99 CVG Pink & White Spots

Coverdry for Teenagers

Similar in style & function to our ever popular Coverdry but in a neutral colour more appealing to older children or teenagers and with the added advantage of the new extra absorbent Bamboo lining.

£39.00 (see website for full details)

HappyPee!

Perfect for travelling with children when potty training and toilet training. With HappyPee your child is in control and little accidents avoided. HappyPee is unisex. It was designed using female ergonomics and therefore girls will find it as easy to use as boys

£14.99 HPPY



SPECIAL NEEDS

KC Sleepsuits

This is a unique garment for children with special needs who constantly undress, remove pads, interfere with incontinence aids, or faecal smear. They are unique one piece pyjamas specially tailored for children. They are very difficult to get out of, but easy for the carer to remove. (Also available in pink).

£29.00 each **£55.00** Twin Pack Age 4-6 yrs

£35.00 each **£66.00** Twin Pack Age 7-9 yrs

£39.00 each **£74.00** Twin Pack Age 10-12 yrs



Malem Bladder Stimulator

Hand-held, battery operated bladder stimulator vibrates against the skin when pressed upon the lower abdomen, helping children who find it difficult 'recognising' the sensation of a full bladder, as well as those starting the urine stream. Commonly used as an aid for children who have a physical disability involving spinal damage.

£29.95 MBS

TOILET TRAINING

Wee Target - Toilet Training The Fun Way

The Wee Target is a fun way for your young children to learn how to aim correctly, encourage toilet training and create an incentive! When boys aim correctly at the black spot, it disappears and a cool picture appears, clean by flushing and the black spot reappears! Replace every 4-6 weeks

£2.99 WT

Reward Charts - Potty Training

These colourful reward charts are designed to encourage a child when ready to start their journey through potty training. ERIC's 'Ten Top Tips for Successful Potty Training' printed on the back of every chart. Each pack contains 4 weeks worth of reward charts. Stickers are not included

£2.75



ORDER BY PHONE 0117 301 2100



LEAFLETS, BOOKS AND USEFUL RESOURCES

ERIC's Guide to Potty Training
ERIC's Guide to Children's Bowel Problems
ERIC's Guide to Nighttime Wetting
ERIC's Guide to Daytime Wetting
ERIC's Guide to Teenage Bedwetting
Pelvic Floor Awareness - A Guide for Teenagers
Sam's Story - Award Winning Leaflet Tackling Soiling
The Right to Go – Resource for Parents & Schools



Leaflets are free to download at www.eric.org.uk

Multiple copies of these leaflets are available to purchase from ERIC customer services.

Professional Resource

Understanding Children's Behaviour

by Dr Dinah Jayson **£5.95**

Effective Management of Bladder and Bowel Problems in Children

by Mandy Wells and Liz Bonner **£35.98**

Enuresis in Children & Young People a teaching flipchart

by Dr Chinnaiha R. Yemula **£5.99**

Solving Children's Soiling Problems

by Jackie Bracey **£31.50**

Ready Set Potty: Toilet Training for Children with Autism and Other Developmental Disorders

by Brenda Batts **£12.99**

Toilet Time Resource Pack - Helping children with special needs understand toilet training

£14.99

Children's Books

The POP-UP BOOK OF POO - What goes in must come out by Gaby Goldsack & Ian Dicks

£8.99

A Child Like You - A wonderful story for older children who soil. Beautifully written by James Parkin

£5.99

Prince Bravery & Grace - Attack of the Wet Knights

By Gail Ann Gross **£6.50**

IT HURTS WHEN I POOP!

by Howard J. Bennett M.D. **£9.99**

ZOO POO

By Richard Morgan **£4.99**

See Inside Your Body

By Katie Daynes & Colin King **£8.99**

Adult Resource

Constipation, Withholding and Your Child:

A Family Guide to Soiling and Wetting

by Anthony Cohn **£10.75**

Seven Steps to Nighttime Dryness: A Practical Guide for Parents Of Children with Bedwetting

by Renee Mercer **£12.99**

The Ins and Outs of POOP.

A guide to treating childhood constipation

by Dr Thomas R. DuHamel PhD **£11.99**

Toilet Teaching with your Special Child

by Michelle Gilpin, PhD and Dorothy Harris, RN **£13.50**

How to Potty Train

by Judith Hough & Diane Titterton **£8.99**

Everything a Child Needs to Know About Bedwetting

by Dr. Chinnaiha R. Yemula **£4.99**

Getting to Dry: How to Help Your Child Overcome Bedwetting

by Max Maizels, Diane Rosenbaum and Barbara Keeting **£12.99**



OTHER RESOURCES AND BOOKS ARE AVAILABLE ON OUR WEBSITE WWW.ERIC.ORG.UK



ERIC CHILDHOOD CONTINENCE TRAINING

ERIC has been providing expert training for over 15 years on a range of childhood continence issues. Our goal is to ensure that all professionals who support children with continence problems receive high quality training which will enable them to identify and treat these issues as early as possible. Our training days are delivered by speakers acclaimed in their field.



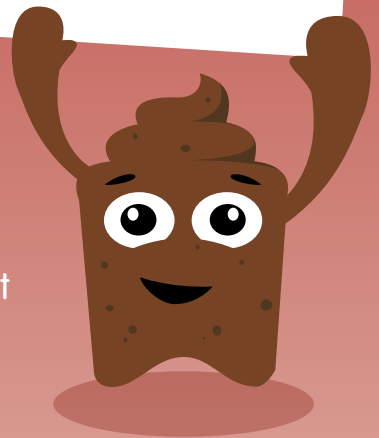
For professionals who may like more information about our training courses and our bespoke training please contact

training@eric.org.uk

or call **0117 301 2102**

NHS ENURESIS ALARMS

ERIC supplies a growing number of NHS organisations with Enuresis alarms and we believe we remain the most cost effective means of purchasing alarms in the UK, with discounts offered on all orders.



For the special prices we can offer on Enuresis alarms and other items sold by ERIC please contact **sales@eric.org.uk** or call **0117 301 2100**





MALEM[®] ALARMS

The NICE Guidelines on Childhood Bedwetting list bedwetting alarms as the first line of treatment. ERIC are proud to have worked with Malem Medical for over 20 years supplying their wide selection of alarms to the NHS and public alike.

What our customers say

"We feel extremely lucky - within a month of purchasing a bedwetting alarm our 7 year old is dry at night. He is so delighted and so are we. Thank you for your advice and help which is fantastic"

"My son after using the M04 alarm has stopped bedwetting in the first 2 months"



HELPLINE
0845
370 8008



Education and Resources
for Improving Childhood Continence

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ALL PROCEEDS FROM THE SALE OF GOODS HELP FUND ERIC'S VITAL WORK, CONFIDENTIAL IMPARTIAL HELPLINE AND ONGOING SUPPORT OF CHILDREN, FAMILIES AND HEALTH PROFESSIONALS

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