



# STOP OVERNIGHT DIAPER LEAKS

1. *Find the Right Diaper Size*
2. *Consider the Cost*
3. *Use Overnight Diapers*
4. *Try Different Brands*
5. *Pay Attention to Diaper Materials*
6. *Double Up On Protection*
7. *Monitor Fluid Intake*
8. *Encourage Regular Bowel Movements*
9. *Use the Toilet Twice Before Bed*
10. *Change Diapers Right Before Bed*

