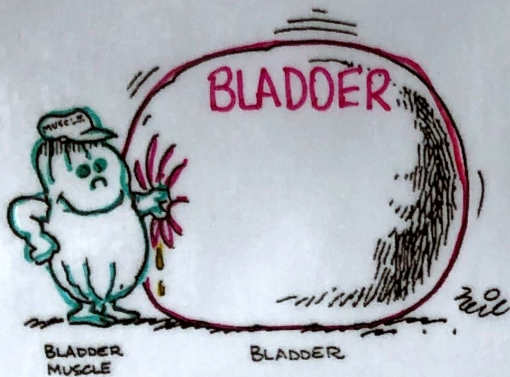


How the bladder communicates with the brain.



The brain is the boss of your body



The bladder muscle only lets the wees out of the bladder when it is told by the brain to let it out.



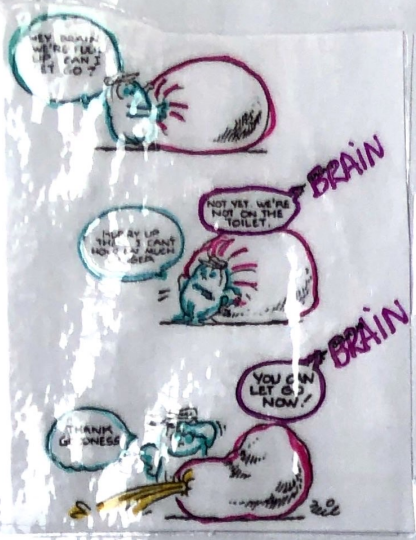
A baby's bladder is not strong

As you get older your bladder muscle gets stronger.



A child's bladder muscle is learning to be strong

A grown up usually has a very strong bladder muscle



The brain tells the bladder muscle when to let go.



Sometimes the brain is too busy with other things and doesn't listen to the bladder.



Or when you are sleeping, the brain might not hear the bladder telling you to wake up.

Exercises for Bedwetting:

- * Do Exercises slowly
- * Repeat daily for at least 3 weeks
- * Can be done in a pool (using float)
- * Swim strokes are also good :
 - back stroke
 - crawl
 - breast stroke
 - dog paddle
 - side stroke

Wiggle Worm



- ① Lie on your stomach
 - ② Face turned to right
 - ③ Move right shoulder down towards your hip (keep head down)
 - ④ Your arm goes down towards your knee
 - ⑤ At the same time : Move right hip sideways - up towards your shoulder
 - ⑥ Your back will curve sideways (right leg will be higher than left leg)
 - ⑦ Return to start position
 - ⑧ Turn to face left
 - ⑨ Move left shoulder down
 - ⑩ Move left hip sideways - up towards shoulder
- Repeat ⑩ times

Lizard Exercise



- ① Lie on your stomach
Arms by side
- ② Face turn to right
- ③ Keep left side straight

- ④ Bend right knee up (knee flat on surface)
- ⑤ Bend arm at elbow (hand elbow on surface)

Repeat other side

- ⑥ move head first
- ⑦ Lower right side
- ⑧ move left side

Standing : Wiggle worm

① Push right leg up (keep knee straight)

② You are standing on your toes - right hip pushed up

③ Bend your right shoulder down towards your hip (back curves sideways)


④ Repeat otherside

Repeat ⑩ times



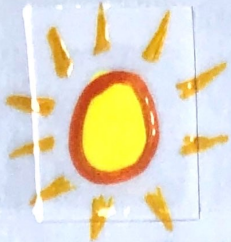
Dry Nights Diary Sheet



Give a smiley face on every dry night and write the total dry nights for each week 

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Total Dry Nights						

Day	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Total Dry Nights						



Dry DAYS Diary Sheet

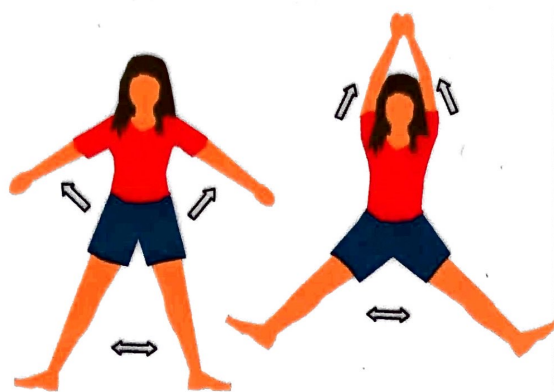


Put a smiley face on every dry DAY and write the total dry DAYS for each week ☺

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Total Dry Nights						

Day	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Total Dry DAYS						

Snow Angel



① Lie on your back, legs down arms at your side.

② Very Slowly, move arms and legs out to the side, at same time.

③ Continue until your hands meet above your head legs stretched sideways

④ Slowly bring arms back down (& legs)

Repeat 10 times