

"I Did It!"

Bedwetting

bedwetting

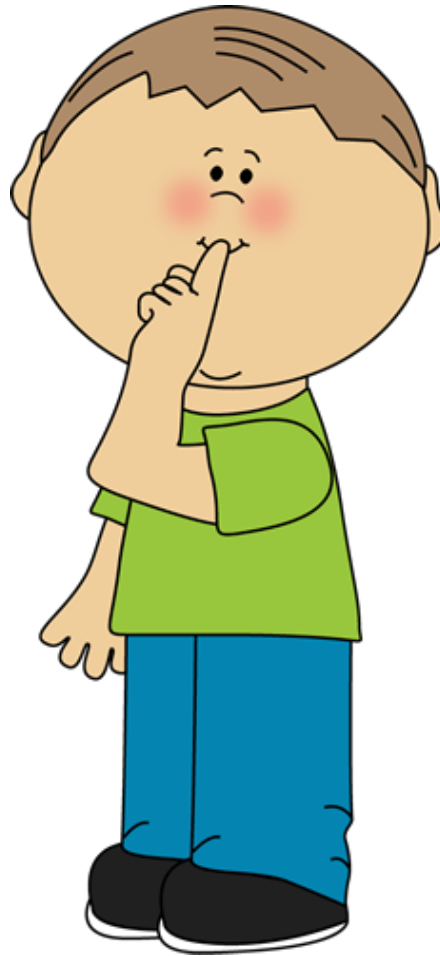
Training Program

training program

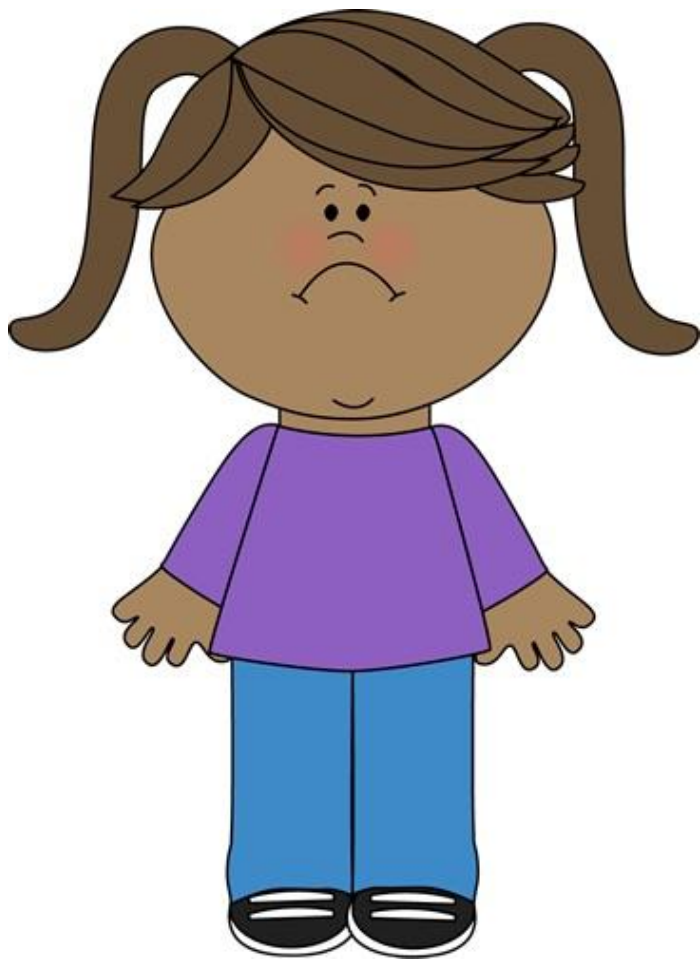
What is Bedwetting?

- Bedwetting is known as Nocturnal Enuresis
- Nocturnal enuresis, also called bedwetting, is involuntary urination (peeing) while asleep after the age (generally age 5) at which bladder control usually occurs.
- Nocturnal enuresis is considered primary (PNE) when a child has not yet had a prolonged period of being dry (generally 1 year).

Bedwetting is a Often a Big Secret



Bedwetting Can Make Children Sad and Mad



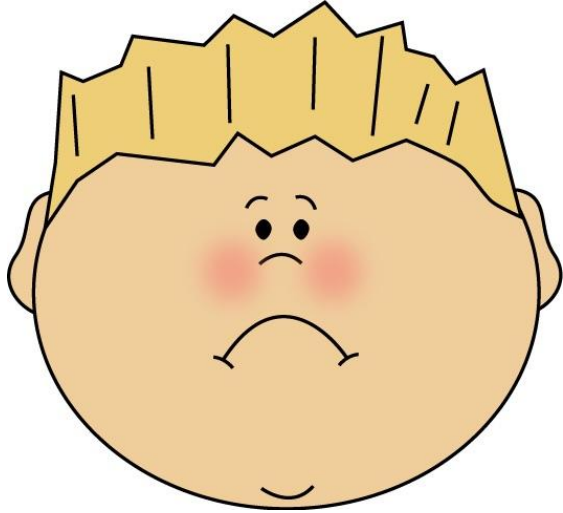
Bedwetting Causes a lot of Washing for Mom or Dad



Bedwetting can Make It Embarrassing to Sleep Over with Friends or Go to Camp



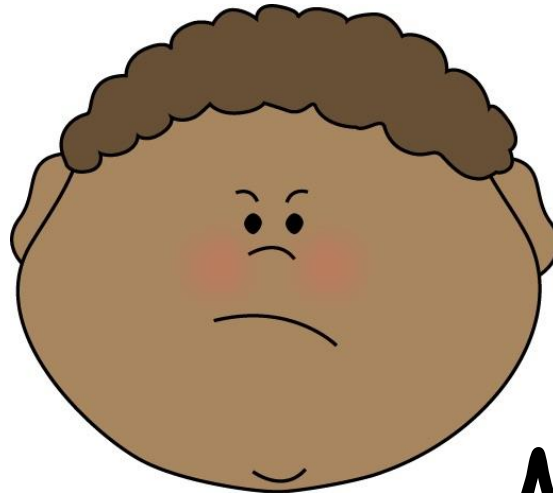
Bedwetting Can Make Everyone



Sad



Scared



Mad

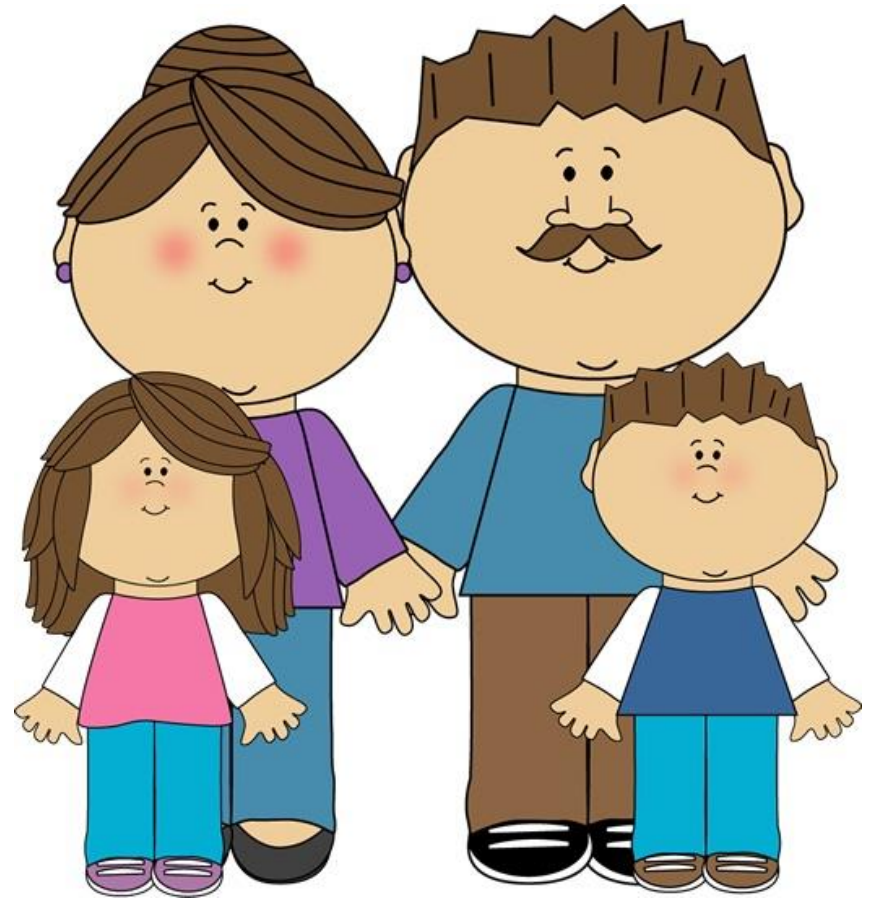
**Here is a Fact:
Bedwetting Is Not Your Fault!**



Bedwetting is Inherited

"The majority of bedwetting is inherited," says Bennett. "For three out of four kids, either a parent or a first-degree relative also wet the bed in childhood." Scientists have even located some of the specific genes that lead to delayed nighttime bladder control. (For the record, they're on chromosome 13, 12, and 8.)

Feb 25, 2012



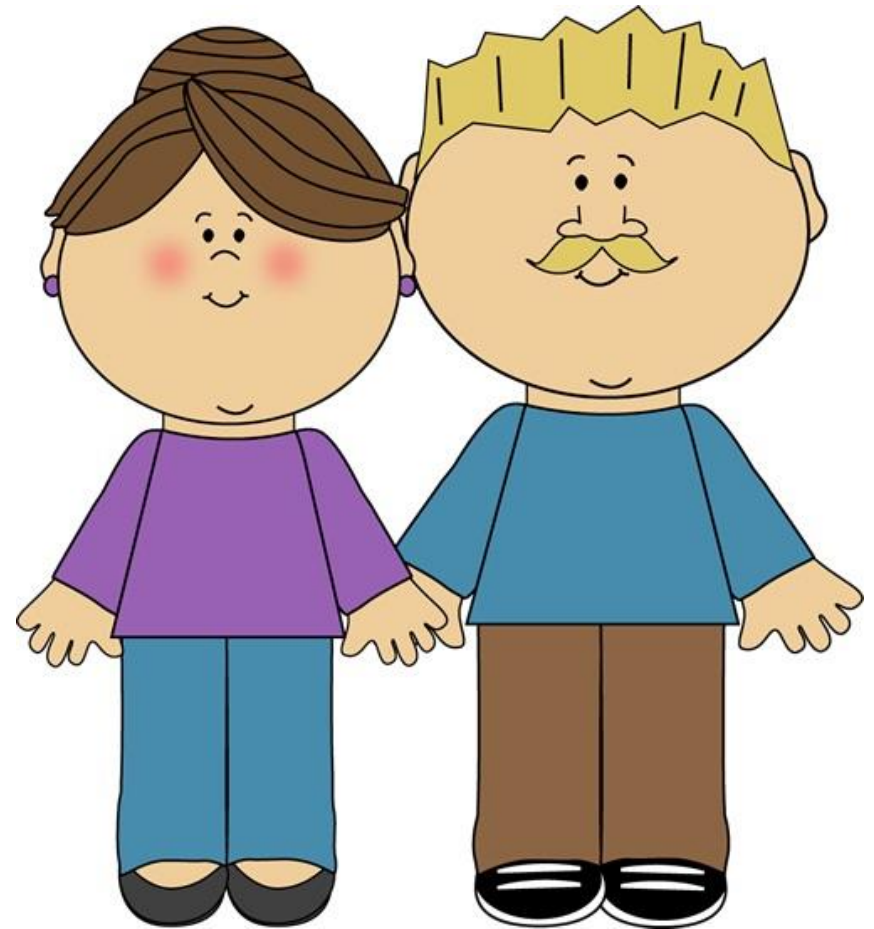
**Bedwetting Happens
Because You Can't
Wake Up When You
Have to Pee**



Your Parents Can Help You Learn to Stop Bedwetting



Month						
Sun	Mon	Tue	Wed	Thu	Fri	Sat

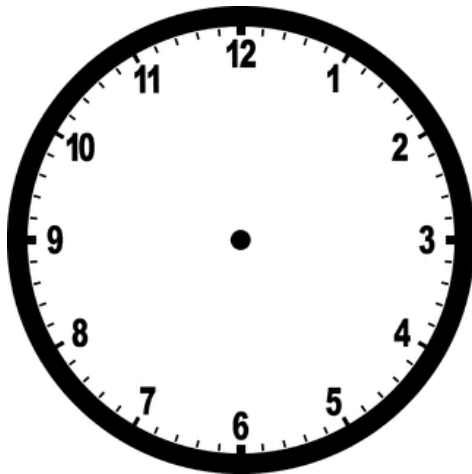


This is How Your Parents Can Teach You and You Can Learn to Stop Bedwetting

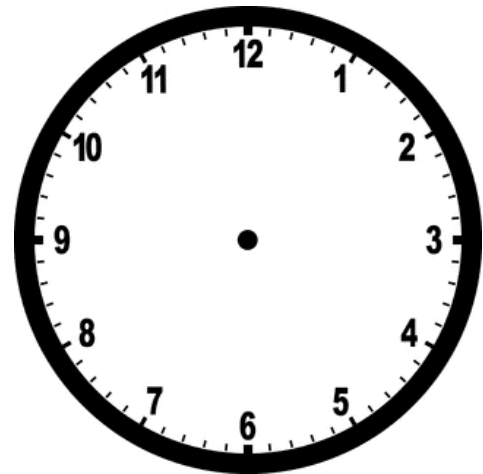
A Regular Bedtime and Waking Up Time is Important

(Draw hands on the clock for Your Bedtime and Time to Wake Up.)

Time to Go to Bed



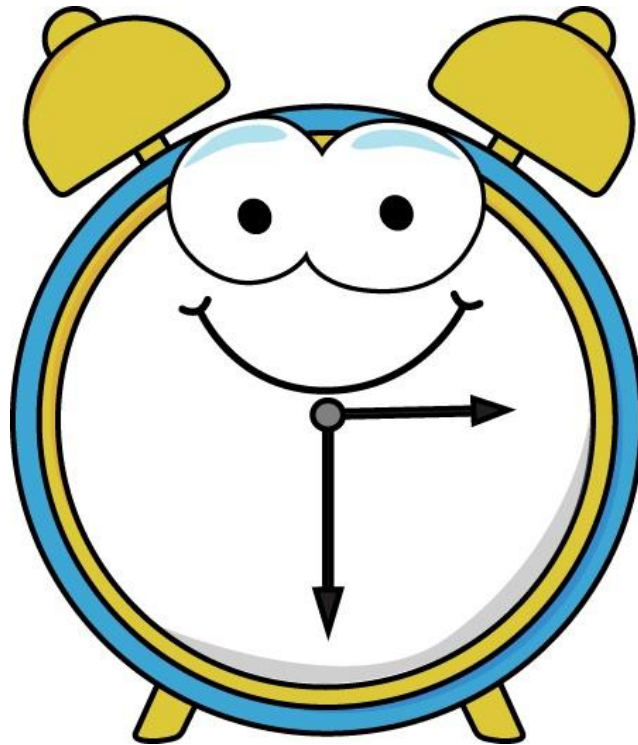
Time to Wake Up



Bedwetting Usually Happens in Stage 4 of Sleep, Right Before Dreaming Begins



**Your Parents are Going to Help You to
the Bathroom Every Night and Every
Morning Two Hours after Bedtime and
Two Hours Before Awake Time**



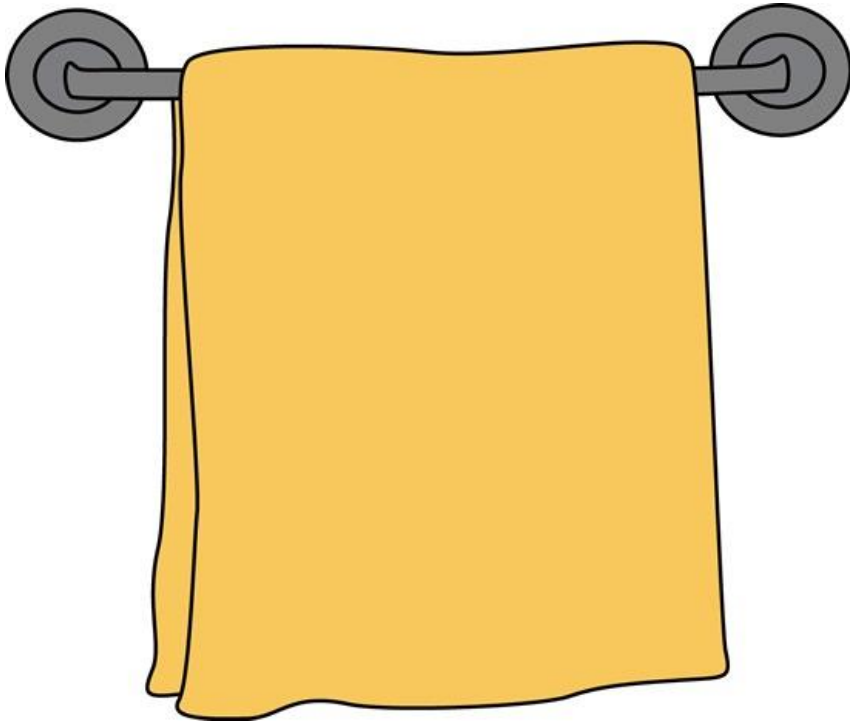
Your Parents are Going to Gently Get You Up and Help You Walk to the Potty (Parents, please speak gently and softly.)



You are going to be very sleepy
and very hard to get awake.
That is Okay



**Your Parents are Going to Help by
Gently Wiping Your Face with a Warm
Wash Cloth and Telling You that
You are on the Potty.**



Your Parents are Going to Tell You that You are on the Potty and ask You to Pee Pee.

- Your Parents are Going to Give You a Magic Word!
- You may not remember the Magic Word for a few days but you will.
- When you Remember You Get a Magic Word Sticker to put on your Chart!



Your Parents are Going to Help You Night after Night. Sometimes You Might Get Up All By Yourself and go the the Potty.

(Let Your Parents Know You Did it by Yourself.)

- Every Time you Remember the Magic Word (a different word every night) you get a sticker.
- Every Night You Have a Dry Night You Get a Dry Night Sticker!



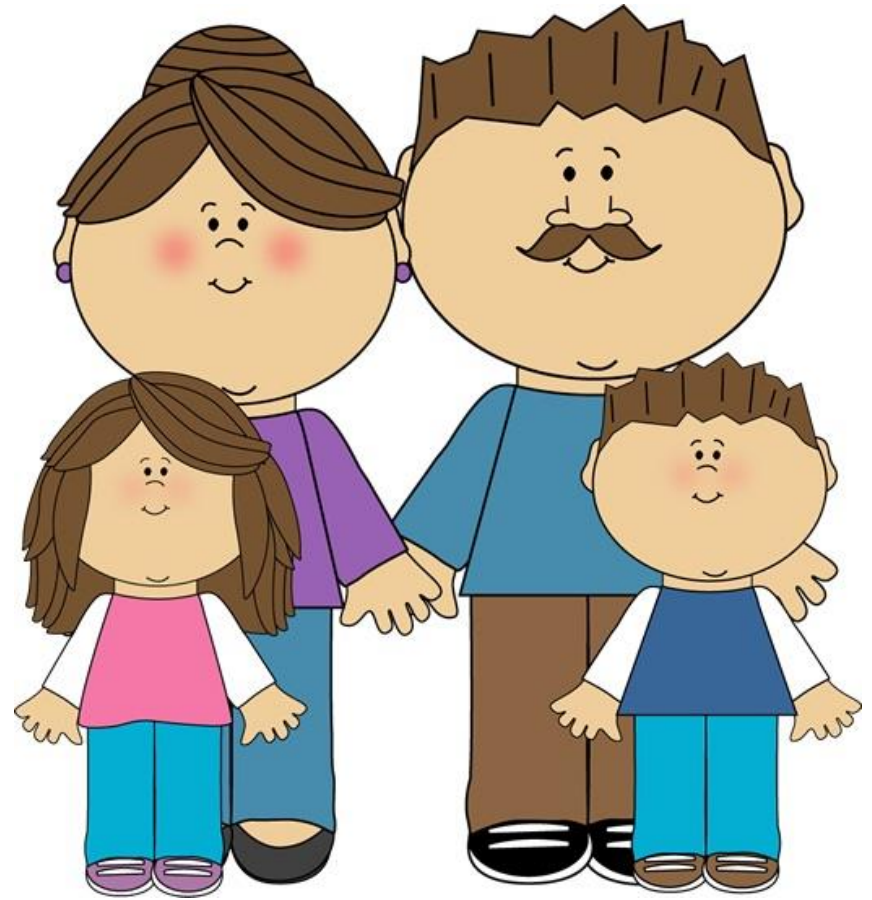
It will Take Time to Teach Your Body to Wake Up When You Need to Pee Pee. That is Okay, You Will Learn. (Parents, scolding is not allowed!)

- After a few days you will remember the Magic Word.
- After a week to 3 weeks you will have dry nights.
- It will be time to Plan a Special Reward for 1 week of Dry Nights.
- (Please start with small rewards)



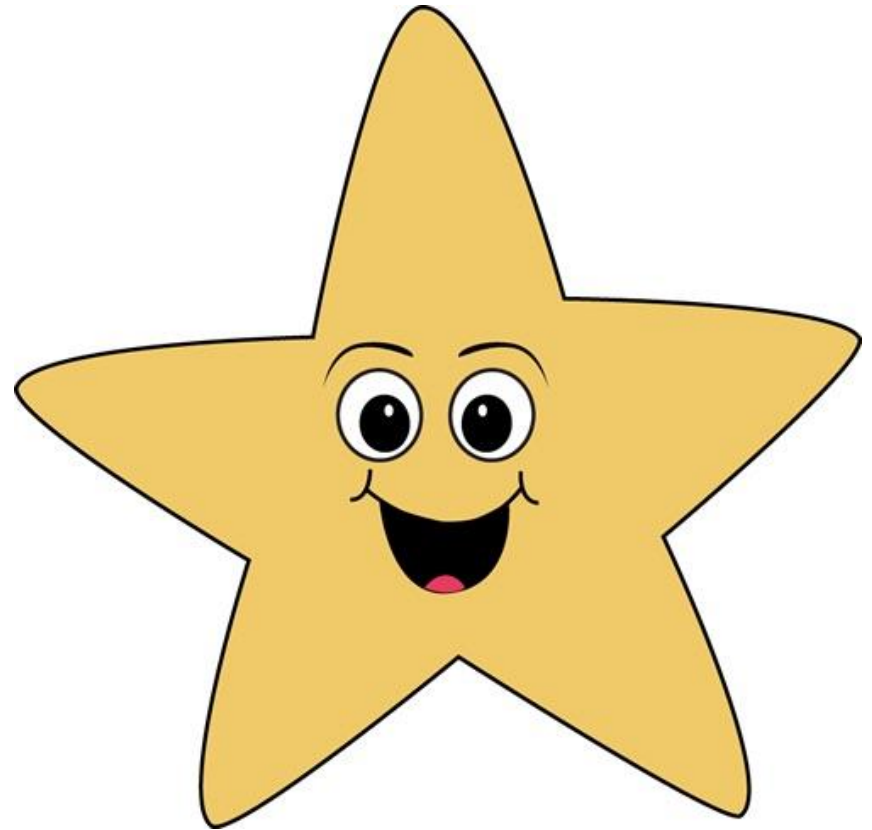
It is Okay if You Have an Accident. It Happens!

- If you have a bedwetting accident, it is okay.
- Your body and mind are learning. Keep on working.
- Check to make sure you are not overly tired or sick.
- Getting rest is important.
- Parents, Don't Give Up!



You Will Learn to Wake Up When You Need to Pee Pee.

- Plan a Reward for 1 week of Dry Nights.
- Plan a Reward for 2 weeks of Dry Nights.
- Plan a Special, Special Reward after 3 weeks of Dry Nights.
- Parents, remember that this is a positive reward system. Fussing or shaming does not work.
- You are a Super Star and You Can Do It!



**For Questions, Support, Coaching Call
Us at 423-877-5631.**



Helping Kids to Reach Unlimited Potential