

# How to Use the Book

It's normal for kids to want to jump into the program right after they get the book. Although I know you're eager to start, it's important to read the book from the beginning. The reason for this is that some of the things at the end of the book build on information I discuss earlier. There are 2 chapters, however, that you may want to look at right away: "Sleepovers" (Chapter 23) and "What to Do if Someone Discovers Your Supplies" (Chapter 24).

I spent a lot of time thinking about ways to make the book easier to use. One of the ideas I came up with was to highlight certain sections within each chapter. The following guides describe all of the special sections you will see in the book:



## HANDS ON

This refers to activities or simple experiments that you can do to better understand the way your body works.



## KID'S ALERT

I placed this heading by parts of the program that you should pay close attention to.

## FUN FACTS

When I researched the book, I found some interesting facts that I wanted to share with you. Although some of them are not directly related to the program, I think you'll enjoy them.



## TIPS & TRICKS



There are lots of practical ideas in the book, both for you and your coaches. I used this heading for certain ones I wanted to bring to your attention.

## Patient's Story

As you read the book, you will see some stories from actual patients of mine. I included these stories to highlight certain points. These are all real people, but the names are made up.



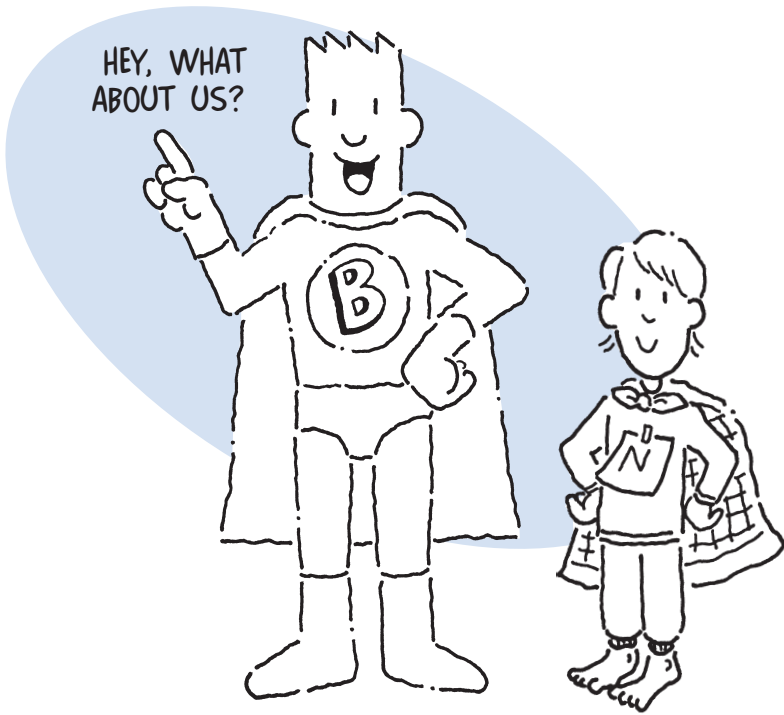
## COACH'S CORNER

This refers to a section at the back of most chapters that's specifically for your coaches.

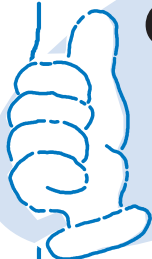
Because I want to help as many children as possible, I wrote the book so you can do the program at home with your parents. Don't forget, however, that your doctor or nurse practitioner is also interested in your becoming dry. There are 2 advantages to working with a medical professional: (1) we've done this before, and (2) we can sometimes motivate kids better than parents. If you use the book with your doctor or nurse practitioner, he or she may change the program a little. That's okay because we each have our own way of doing things.

Here is a summary of the information you will find in the book:

- **Part 1** describes how many kids wet the bed, how your body works, and why kids are wet at night. It contains a questionnaire to help you figure out the type of wetting you have.
- **Part 2** tests your motivation for becoming dry by having you do the same Dry-Bed Homework I give patients in my office. This consists of 4 tasks: going to the bathroom when you need to, making a calendar to keep track of your wet and dry nights, finding out the size of your bladder, and determining if you can wake up at night to loud sound.
- **Part 3** shows you how to score your Dry-Bed Homework and introduces you to some bladder exercises and other parts of the program.
- **Part 4** describes the bedwetting alarm, which is the most successful tool you can use to become dry at night.
- **Part 5** shows you how to set up the Waking Up Dry Program. It includes a contract that you and your coaches will sign and lots of tips to help you make it through the rough spots.
- **Part 6** includes chapters on sleepovers, what to do if someone finds your bedwetting supplies, and other techniques that can help you stay dry at night.
- **Part 7** is for coaches. It includes tips on dealing with wet beds and information on medicine that some kids need to become dry.
- **The appendices** include additional information for you, your coaches, and your doctor or nurse practitioner.



Oh, I almost forgot. Throughout the book, you will notice a couple of characters hanging around making helpful or silly comments. Bladderman is the one in the official costume and Nephron (NEF-ron) is the one in regular clothes. Bladderman graduated from superhero school years ago. Nephron wants to be a superhero when he grows up, but right now he's working with Bladderman to become dry at night.



## COACH'S CORNER

Research has shown that children are more motivated to become dry if they are actively involved with the treatment plan. This gives kids a sense of “ownership” for the program and increases their chances for success. Although

*Waking Up Dry* is a parenting book, I want children to see it as *their* book as well. To help accomplish this goal, I organized the book so I am “talking” to them the same way I do with patients in my office. Given the age range of children who wet at night,

this proved to be a bit of a challenge—while I did not want to talk down to older kids, I also did not want to overload or confuse younger ones. To make this work, I need your help. If you come across material that looks too complicated for your child, edit or condense what you read to make it easier. This will not only keep your child interested in the book, but it will help him do a better job with the program.

Although becoming dry is everyone’s ultimate goal, children have lots of small successes (as well as setbacks) before they complete the program. It’s important to praise your child when you notice these gains because it lets him know you’re proud of his accomplishments. (It also motivates him to work on the program.) Look for success in the following areas:

- Enthusiasm about the book
- Asking questions about his body or the program
- Cooperation with the program
- Showing responsibility for doing a task
- Carrying out a task properly
- Making gains with any part of the program (eg, filling out his calendar, doing his bladder exercises)
- Waking up to the bedwetting alarm
- Waking up on his own to pee
- Having smaller wet spots
- Having fewer wet episodes per night
- Having dry nights

While there is no set age when children are ready to work on becoming dry, most of the kids I treat are 6 years and older. (Bedwetting is so common that most doctors don’t consider it to be a “problem” until children are 6 years of age.) As you read through the book, you may find that your child will do better with a “low-key” approach. This means you can skip the Dry-Bed Homework and stick with the easier aspects of the program (see “Katie’s Story” in Chapter 6 on page 43). In addition, Chapter 28 summarizes which parts of the program are appropriate for children according to their ages.