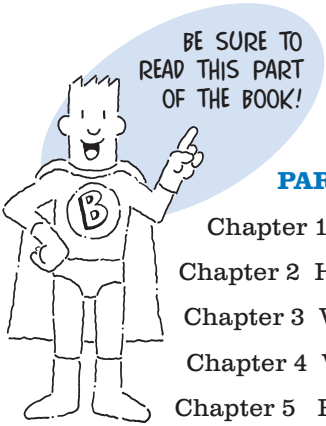


Contents



	Introduction for Kids	ix
	Introduction for Parents	xi
	How to Use the Book.....	xv
	PART 1 Facts About Bedwetting	1
	Chapter 1 You Are Not Alone	3
	Chapter 2 How Your Body Works.....	9
	Chapter 3 Why Kids Wet the Bed	17
	Chapter 4 What Type of Wetting Do You Have?	31
	Chapter 5 Pop Quiz.....	35
	PART 2 Are You Ready to Become Dry?.....	39
	Chapter 6 Dry-Bed Homework	41
	Chapter 7 Waking Up Dry Calendar	47
	Chapter 8 How Big Is Your Bladder?	53
	Chapter 9 Alarm Clock Test.....	59
	Chapter 10 Family Matters	63
	PART 3 Getting Set for the Program	69
	Chapter 11 Scoring Your Dry-Bed Homework.....	71
	Chapter 12 Waking Up Practice.....	75
	Chapter 13 Bladder Exercises	81
	Chapter 14 Contracts & Rewards.....	87
	Chapter 15 You Can Do It!	93
	PART 4 The Bedwetting Alarm	97
	Chapter 16 The Bedwetting Alarm	99
	Chapter 17 Choosing a Bedwetting Alarm	107
	Chapter 18 Getting Familiar With Your Alarm	113
	Chapter 19 Using Your Alarm	121

Contents

PART 5	Putting the Program Together.....	127
Chapter 20	Setting Up the Program.....	129
Chapter 21	Waking Up Dry Contract.....	137
Chapter 22	Getting Past the Rough Spots	141
PART 6	Extra Stuff for Kids	155
Chapter 23	Sleepovers	157
Chapter 24	What to Do if Someone Discovers Your Supplies.....	167
Chapter 25	Lifting, Pull-Ups, & Other Measures	171
PART 7	Extra Stuff for Parents	179
Chapter 26	Tips for Dealing With Wet Beds	181
Chapter 27	Medication.....	187
Chapter 28	Bedwetting Treatment According to Age.....	191
APPENDICES		193
Appendix A	Waking Up Dry Checklist.....	195
Appendix B	Health Screening Questionnaire	197
Appendix C	Bedwetting Questionnaire.....	199
Appendix D	Glossary	209
Appendix E	Tips for Cheerleaders.....	215
Appendix F	Tips for Doctors & Nurse Practitioners.....	219
Appendix G	Supplemental Reading.....	227
INDEX.....		231