

|                         |  |
|-------------------------|--|
| 1. Record Nr.           | UNINA9910460274303321  |
| Autore                  | Bennett Howard J.  |
| Titolo                  | Waking up dry : a guide to help children overcome bedwetting // Howard J. Bennett  |
| Pubbl/distr/stampa      | Elk Grove Village, Illinois : , : American Academy of Pediatrics, , 2015<br>©2015  |
| ISBN                    | 1-58110-907-5  |
| Edizione                | [Second edition.]  |
| Descrizione fisica      | 1 online resource (278 p.)   |
| Disciplina              | 618.92/849   |
| Soggetti                | Enuresis<br>Electronic books.  |
| Lingua di pubblicazione | Inglese  |
| Formato                 | Materiale a stampa   |
| Livello bibliografico   | Monografia   |
| Note generali           | Includes index.  |
| Nota di contenuto       | Front Cover; Title Page; Copyright Page; What People Are Saying; Dedication Page; Table of Contents; Acknowledgments; Introduction for Kids; Introduction for Parents; How to Use This Book; PART 1 Facts About Bedwetting; Chapter 1 You Are Not Alone; Chapter 2 How Your Body Works; Chapter 3 Why Kids Wet the Bed; Chapter 4 What Type of Wetting Do You Have?; Chapter 5 Pop Quiz; PART 2 Are You Ready to Become Dry?; Chapter 6 Dry-Bed Homework; Chapter 7 Waking Up Dry Calendar; Chapter 8 How Big Is Your Bladder?; Chapter 9 Alarm Clock Test; Chapter 10 Family Matters<br>PART 3 Getting Set for the ProgramChapter 11 Scoring Your Dry-Bed Homework; Chapter 12 Waking Up Practice; Chapter 13 Bladder Exercises; Chapter 14 Contracts & Rewards; Chapter 15 You Can Do It!; PART 4 The Bedwetting Alarm; Chapter 16 The Bedwetting Alarm; Chapter 17 Choosing a Bedwetting Alarm; Chapter 18 Getting Familiar With Your Alarm; Chapter 19 Using Your Alarm; PART 5 Putting the Program Together; Chapter 20 Setting Up the Program; Chapter 21 Waking Up Dry Contract; PART 6 Extra Stuff for Kids; Chapter 22 Sleepovers; Chapter 23 What to Do if Someone Discovers Your Supplies Chapter 24 Lifting, Pull-Ups, & Other MeasuresPART 7 Extra Stuff for Parents; Chapter 25 Getting Past the Rough Spots; Chapter 26 Tips for Dealing With Wet Beds; Chapter 27 Medication; Chapter 28 Bedwetting Treatment According to Age; Appendixes; Appendix A Waking Up Dry |

Checklist; Appendix B Health Screening Questionnaire; Appendix C Bedwetting Questionnaire; Appendix D Extra Tips for Coaches; Appendix E Tips for Medical Professionals; Appendix F Supplemental Reading; Glossary; Index; Back Cover

---

#### Sommario/riassunto

<div>A positive, interactive plan for overcoming bedwetting, geared to parents of kids ages 6-13. Author Dr. Howard Bennett is both a pediatrician and a parent, and he encourages parents to read the book together with their children and develop a plan that includes behavior management techniques, calendars, contracts, and bedwetting alarms.  
</div>

---