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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 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.
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