

Introduction for Kids

Your parents bought this book because they want to help you become dry at night. I'm a pediatrician (a kid's doctor), and I've been helping children overcome bedwetting for more than 30 years. This book describes the program I use with patients in my office. I wrote the book because my Waking Up Dry Program really works, and a number of parents and doctor friends encouraged me to write about what I do.

Bedwetting is not a serious medical condition, but it can be very difficult to live with. Wetting at night makes it hard to go on sleepovers, it makes you feel uncomfortable in the morning, and worst of all, it's upsetting not to have control over your body while you sleep. But the good news is you can do something about it. With motivation and practice, you can become the boss of your body! (Motivation means you want something bad enough to work hard for it.)

If you tried to stop bedwetting in the past and it didn't work, I can understand you might not want to try something new. The main reason programs fail is because children don't get enough support to make it through the rough spots. The Waking Up Dry Program has a winning record for many reasons. First, it includes lots of tips that help you along the way. Second, the program attacks the problem from different angles. Third, and most important, it lets you play a big role in setting up and carrying out the program.

When I work with children in my office, I talk to them as much as I talk to their parents. In the same way, I will be talking directly to you throughout the book. I will also be giving your parents special instructions along the way because we need their help to make the program work. In my office, I tell kids that I will be their coach and their parents will be my assistant coaches. You are the player! You are the star! You will also be

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the one who does most of the work. One of the things I will say over and over is how important it is for you to be involved with the program. Whether it's filling out your Waking Up Dry calendar or following the steps of the program with your coaches, the more motivated you are, the more likely you will become dry. I wrote this book for children of different ages, so if you are a younger reader, you may need your *coach* (mom or dad) to read the book to you. That's OK. That's one of the things coaches do. In fact, your coach needs to read the book with you even if she doesn't need to read it to you. Some of the information in the book can be complicated, even for good readers, and going through it with your coaches will improve your chances of becoming dry. Also, your coaches need to help out with many parts of the program, so reading the book together can be really fun. Together, all of us will work hard so you can start waking up every morning in a nice dry bed.

Finally, I want you to know that I love being a pediatrician, and one of my greatest joys as a doctor is helping kids become dry at night. So even though I won't become your personal doctor, I hope my book will help you beat bedwetting forever!

Dr B