My Body at Night Map

Wet nights happen to lots of kids. It is not my fault, and my body is still learning.

Name: _____ **Date:** _____

1 How I feel about wet nights

Tick all that fit. Any feeling is okay

- [ ] Embarrassed
- [ ] Worried
- [ ] Frustrated
- [ ] Sad
- [ ] Tired
- [ ] Fine about it
- [ ] Hopeful
- [ ] Mixed up

2 True facts about bedwetting

Tick the ones I did not know before

- [ ] Lots of kids do it
- [ ] It is not my fault
- [ ] It runs in families
- [ ] My body is learning
- [ ] Most kids outgrow it
- [ ] Doctors can help
- [ ] Deep sleep is a reason
- [ ] I am not alone

3 Questions for my doctor

Tick or write the ones I want to ask

- [ ] Why does it happen?
- [ ] Will it stop?
- [ ] What can I try?
- [ ] Is an alarm for me?
- [ ] What can I drink?
- [ ] Can I go to sleepovers?

My own question: _____

4 My calm bedtime

What helps me feel safe and cozy at night

Who I can wake up if I need help: _____

Something cozy in my bed: _____

Something I am proud of today: _____

Draw my calm bedtime: my bed, my nightlight and the way to the bathroom:

Original layout by Lotus & Tulip. A support tool, not a test, a diagnosis or medical advice. See your child's doctor.

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My Dry Night Plan

My bedtime steps, my morning reset and my effort week. We made it together.

Name: _____ **Date:** _____

1 My bedtime steps Tick the ones in my plan

- [ ] Most drinks earlier
- [ ] Pee before bed
- [ ] Pee again later
- [ ] Nightlight on
- [ ] Pajamas laid out
- [ ] Towel ready
- [ ] Calm story time
- [ ] Lights out

2 My morning reset If my bed is wet, I can calmly

- [ ] Take off wet layer
- [ ] Sheets in hamper
- [ ] Wet clothes away
- [ ] Shower or bath
- [ ] Clean clothes on
- [ ] Tell my grown up
- [ ] Breathe and smile
- [ ] Start my day

3 My effort week Tick or color a box for each step I did. Effort counts, not dry nights

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
I did my bedtime steps	☐	☐	☐	☐	☐	☐	☐
I did my morning reset	☐	☐	☐	☐	☐	☐	☐
I stayed kind to myself	☐	☐	☐	☐	☐	☐	☐

4 For the adult helper Doctor first, no blame, reward effort

See your child's doctor before starting, and soon if wetting is new after 6 dry months, or with pain, day wetting, thirst, snoring or constipation.
It is not your child's fault. No punishment, no shaming, no teasing. Shift drinks earlier in the day instead of leaving your child thirsty.
Reward the steps, not only dry nights. Expect setbacks. If there is no change after 3 to 6 months, ask the doctor about an alarm or medicine.
Crisis: call or text 988. Danger: 911.

Adult notes: doctor visit date, what is helping, date to check in again

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