

**It's not your fault** if you wet the bed because it is something you cannot control. **Don't let it bother you,** as this happens to many children just like you. **Don't be ashamed either;** this is just a phase that will pass.

To help you manage your night times, here are a few missions to complete every day



Drink water regularly throughout the day, even if you're not thirsty.



If you can, avoid drinking too much during the evening. Avoid soft drinks and milk, especially after 6pm.



Go to the toilet regularly during the day (5 to 6 times), especially before going to bed. Try doing it without the help of your parents.



You can wear DryNites Pyjama pants while you sleep. If you do, try getting ready for bed without your parents.

It's up to you to fill your calendar!



Every evening at bedtime, if you have completed your missions **draw a moon.**

And in the morning, if the night was a dry one, **draw a shield.**



## MONTH

							Total dry nights		
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
WEEK 1	morning								
	evening								
WEEK 2	morning								
	evening								
WEEK 3	morning								
	evening								
WEEK 4	morning								
	evening								

## MONTH

							Total dry nights		
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
WEEK 1	morning								
	evening								
WEEK 2	morning								
	evening								
WEEK 3	morning								
	evening								
WEEK 4	morning								
	evening								