



MONTH 4 _____



INSTRUCTIONS:

Using this calendar, track your child's bedwetting with the following information:

- **Wet or dry night?**
(W or D)
- **Length of sleep**
(eg. 9 hours)
- **Use toilet during night**
(eg. Up)
- **Notes**
(eg. sleepover, early bedtime, caffeinated drink during day etc.)

DID YOU KNOW...

- While bedwetters probably don't have small bladders, some children who wet the bed have a bladder that feels full before it actually is.
- For more tips and information on bedwetting, visit the Kaboose Bedwetting Guide at www.kaboose.com/bedwetting

SUN	MON	TUES	WED	THURS	FRI	SAT

QUICK FACT: Boys wet the bed more often than girls.