



My Cozy Dry Bed

Thank you for choosing Nate Stories to help you learn more about the important developmental stage your child will be entering soon, or is currently having problems. The program you have selected, Bedwetting and Nighttime Toilet Training is designed to help you and your child with his or her toilet development in positive and self-esteem building ways. Healthcare professionals who have recommended these programs and the children and parents who have used them have found them to be extremely helpful and highly effective.

We have produced two separate programs for you to use; the parent's information program (Audio One) is an instructional program for adults to learn specific facts about bedwetting and nighttime toilet training. It will provide sound daytime behavioral suggestions for parents and other childcare givers to help your child with healthy toilet habit development. We suggest that you listen to this behavioral discussion several times.

Try to implement the suggestions it contains in your daily contact with your child. The information presented here is compiled from the most recent medical and mental health research available and includes interviews with practitioners as well as our own clinical experience.

The Nate Stories audio program (Audio Two) is a carefully constructed therapeutic device. This delightful program for children utilizes well-established and effective relaxation, visualization, and suggestion techniques. It is designed specifically for the child with bedwetting and toilet training problems. Program A is written for younger children approximately ages three to eight while program B for older children ages eight to 12. Your child may want try listening to the programs and choose the one he or she prefers.

The bedtime story is designed to be used before bedtime or at naps, but is appropriate to use at any other time your child wishes to listen. Many children like to listen to the story a number of times in immediate succession. If your child asks to have the program repeated, there is no harm in her doing so.

Most likely you purchased these programs because a child close to you is currently experiencing bedwetting on a regular basis, or is having difficulty managing his potty training on his own. You might even recall the sense of frustration or embarrassment you encountered as a child during your own toilet training experience.

Now, as you try to help your son or daughter or another child close to you with their toilet training development, you would like this child to have as positive an experience as possible.

Perhaps you have already gone to the trouble of reviewing some of the current literature about bedwetting, or nocturnal enuresis as it is called by most medical personnel, and feel like you have some understanding of the dynamics of the problem. Any myth or misinformation you as a parent or other important care provider holds as the truth regarding bladder control problems may inadvertently add to the feelings of embarrassment, guilt, and depression that most always accompanies a problem of childhood. These feelings may be particularly acute as the child notices other children developing normal bladder control. However these emotional symptoms are not always observable in the child's behavior.

The information provided on the parent's information audio has three goals:

1. to teach you the latest facts about bedwetting and present in daytime behavioral suggestions to help you help your child more effectively through the problem.
2. to review and help you evaluate the most common treatment approaches when bedwetting persists.
3. to introduce Nate Stories which were created and developed as a new and helpful treatment for the bedwetting child. This booklet will help you get started.

We have found that when parents have effective and positive alternatives available, they will choose these alternatives when they become aware of them. Parents can begin to use positive daytime suggestions with their children any time after the age of three.

One positive exercise is to have your child practice starting and stopping urination once or twice while going to strengthen the muscles that control bladder function. This is a suggestion that can increase your child's feelings of self control. You can even make a game of it while your child is using the potty see if she can start and stop three times each time she goes to earn a prize.

In general, reinforcement systems with positive rewards can be implemented if you construct it so it will be enjoyable and motivating for your child. Stars on a calendar for successful days, or stickers for the potty cover always seem to work. Set up a way for the child to trade their stars and stickers for specific prizes such as special playtime or trips to the park. Remember that words of praise always pay off whether you see immediate results are not.

Wet beds in the morning should be handled as positively as possible. We recommend a cleanup after wet nights be a cooperative effort between you and your child. Try to make it a normal event without anger and/or recriminations. The major goal of all your daytime suggestions and actions should be to gently, lovingly, gradually, and positively transfer the responsibility and motivation for dry beds to your child.

The accompanying children's therapeutic stories are based on widely accepted research in the field of relaxation, visualization, and suggestion techniques. A number of papers found in the behavioral science literature demonstrate successful results in the treatment of bedwetting and other behavioral problems using relaxation and mental imagery techniques. These papers demonstrate statistical results more successful than the other bedwetting treatment. The research also supports the fact that techniques used in Nate Stories have no potential to cause harm to your child.

In fact, the worst possible outcome is that your child's behavior may not improve but that he will feel better about himself in relationship to his problem.

Most of us are familiar with the idea of visualization or creating a positive mental image from stories we read of athletes increasing their performance or students increasing their test scores. Documented studies in these and other fields have shown improved performance results when people learn to relax themselves effectively and mentally rehearse positive images of correct or successful performance.

As we also know young children possess an active fantasy life containing many clever imaginary friends and a large capacity for creating unique visual images. This capacity makes children ideal candidates to integrate appropriate behavior by using their own natural abilities to visualize success.

Over the years, Mr. Spiegel has blended these widely accepted techniques into his own unique style resulting in the successful treatment of varying behavioral problems suffered by scores of children. Nate Stories represent the same techniques Mr. Spiegel uses in his

office treatment offered to a widespread audience at a fraction of the cost of office treatment. Our own and behavioral studies using Nate Stories have shown that the normal development of bladder control can be accelerated and completed by initiating the treatment containing AudioSuggestion therapy.

Our studies have shown that a significant number of children using this program paired with the daytime goals I outlined earlier have either significantly decreased or stopped their nighttime wetting the bed. The bedtime story program on track A is designed for the younger child and track B is designed for the older child.

Children are most suggestible at bedtime, and we recommend that you allow your child to listen to either or both programs while she is lying in bed before sleep. If you are reading to your child before bed please continue to do so. Our stories need not replace any other positive bedtime activity. Simply turn on the program to play to your child after you've left the room. Additional daytime listening is fine if your child request to do so.

The stories are constructed in three continuous parts. First, the story creates a set of familiar images the child can personally relate to. Second, the story explores normal feelings a child may have about bedwetting. Third, some unique and creative fantasy images are presented to stimulate the imagination relaxed the child and suggest that he is in control been able to overcome the problem.

We suggest that your child listen every night for the first week or as long a she shows no resistance to listening. Many of our children have requested to listen to the story several times in succession. This is normal and should be accommodated.

Try to teach your child to start the program by herself. After the first week your child may listen to the stories as frequently as he is comfortable.

Do not use the stories as a consequence for bad behavior. This will ruin any positive effects the treatment might have. Our goal is to avoid any arguments you might have with your child over the use of the program. We would like to see the child take responsibility for and control over his own treatment and thereby his own success.

Self-motivation is essential for your child's success. She must be interested in gaining dry nights, and therefore should dictate her own frequency of listening.

For example, one of our children listened to the story for one week. During this time he wet to bed several times each night so we had the parents set the program aside. Then the boys spontaneously asked to listen about a week later. He promptly and proudly had a dry bed and has ever since.

In the happy event that your child may is cured of her bedwetting, the program can be discontinued. It can always be resumed if there is a relapse.

If your child does not succeed, it is simply a signal that he is not ready to improve. Under these circumstances, we suggest setting the program aside. Simply continue to work on positive daytime suggestions and plan to reintroduce the program in a few months. Meanwhile, try to give as much praise and positive reinforcement to her attempts at improvement, and share your confidence that her bedwetting will eventually resolve.