



# Adam's Secret



# Adam woke up ...,

looked aside to the lovely pink light that shines from his lantern and lights up his room.

Everyone is sleeping at home ...

Adam moved a little bit, then he felt that his pajamas as well as his blankets and pillow were wet. He felt cold and smelled stinky! Adam felt sad and tears came rolling down his cheeks.

Adam stepped down from his bed and moved towards his parents' room amid the deep darkness. The door of the room was opened and his father's snoring was shattering the silence.



Adam's Mom woke up to Adam's voice whispering in her ear, 'Mom, I have wetted my bed!'

- Don't worry, dear! Go to the shower room and I'll come to help you.

Adam headed to the shower room and took off his wet clothes.

His mother followed him and helped him take a shower.

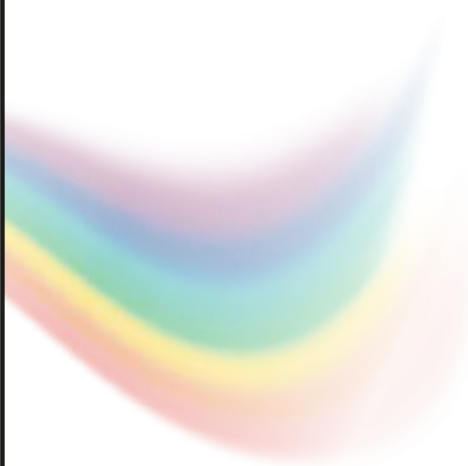
She also gave him clean pajamas and then changed his bed quilt.

- Adam, you must urinate before going to bed.

When Adam came back to his room, he heard his parents talking:

- 'What happened?', asked the father.

- 'Nothing, Adam has wetted his bed again!'



# Adam is sad...

## He is sad because of his secret!

Most of his friends at school are hiding secrets, but they are not like his.

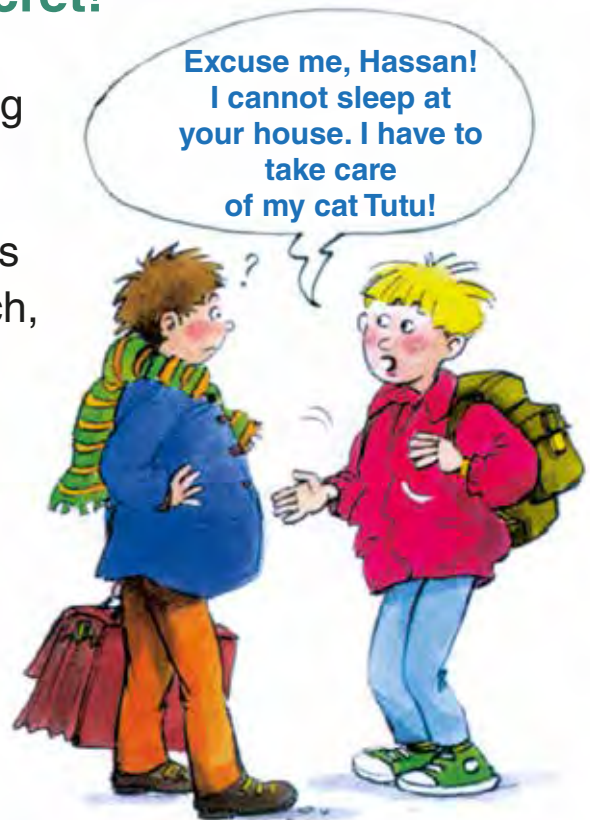
Mariam's secret is that she sometimes eats ice cream before having her lunch, and her secret makes her happy !

Amena's secret is that she's going to get a tie to her father, and this is a nice secret!

As for Yousef's secret, he always likes to prank his friends, and this secret makes him laugh !

Ali also has a secret, he has copied the solution of the math exercise from Hassan, which he tries to dismiss from his mind and not to think about at all!

But, Adam's secret is depressing, it makes him miserable and he just cannot forget it.



Such a secret can never be revealed, not even to his closest friends.

What if everyone knew that I wet my bed?! They will mock at me and refuse to be my friends.

So, to avoid revealing his secret, Adam has always refused to sleep at the house of his friend Yousef's house.

Yousef has not understood the reason; every time, he insists, 'Come on, buddy.. Let's spend the night at my house, and my mom will take us to school tomorrow!'

Despite his strong desire to spend the night with his friend, Adam has been coming up with excuses every time, claiming that his mother had refused, or that he was sick or say that he would go to his grandmother's house.



# The Trip

## It's the disaster!

Today, the teacher entered the classroom smiling, and said,

'Dear kids, we're going on a wonderful trip in which we're going to visit coastal cities and go on cruises for fishing. It will be a wonderful and unforgettable trip!' Everyone clapped, but Adam didn't. This news is a disaster for him! How could he avoid going on such a trip? Will he do something horrific in class that would lead up to having him expelled from school?

Adam imagined himself waking up at night among his colleagues and stepping down from bed with wet pajamas, and his colleagues seeing him in that situation, and shouting, "Look! Adam's pajamas are wet!", He continues imagining that everyone woke up laughing at him and gathered around him, shouting, "Adam has wetted his bed ... Adam has wetted his bed ..."





‘What a tough situation! I will never go on that trip!’

Adam returned home and told his mom about the trip, ‘I will never go on that trip!’

‘Tomorrow, we will find a solution to this problem... I will tell the teacher and she will help you,’ his mom assured him.

Next week, Adam went with his mother to meet the teacher outside office.

‘Madam, my son faces the problem of wetting himself while sleeping.

So, he doesn't want to go on the trip with you, despite of his burning desire to go on it, but ...,’ his mother said.

The teacher smiled and grabbed Adam's hand gently, saying, ‘Listen my child! You are not alone, many kids suffer from this problem but it does not prevent them from going on a trip.

Do you know that two other kids in your class wet their beds?’

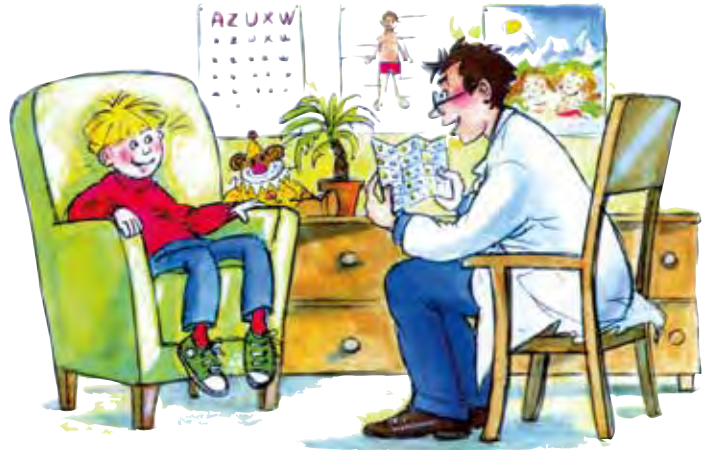
Adam was convinced and decided to go on the trip with his friends. Upon arrival, he discovered that his room is next to Hady's room and Fatima's room.

All their rooms were next to the bathroom and they contained many coverlets as well as a space for the wet clothes.

They looked to each other and yelled smiling, ‘You too!’  
‘Yes, me too!’

# At the Doctor

**‘Adam, we are going to the doctor on Wednesday, you have to tell him about your problem.’**



Adam likes to go to the doctor, he went there several times when he was sick last year. The doctor was nice and let him play with his stethoscope!

Adam wondered when he heard the doctor asking his parents to go out and leave him in alone.

The doctor sat down and started talking to Adam asking him many questions about the school, friends and his parents.

Adam not only answered all the questions but also revealed the secret ... He said that he unintentionally wets his bed almost every night and that he wants to kick this problem that makes him sad... The doctor was listening to Adam with genuine attention. Then, he stood up and called Adam's parents to ask them many questions, and after that, he explained many issues about urination.



After the doctor had finished, he gave Adam a notebook and asked him to write down every morning whether he had wetted his bed last night or not.

Adam relaxed as the doctor was very nice and promised to visit the doctor again next month to show him the notebook.

After a month, Adam revisited the doctor with his notebook in which he has written down the nights in which he wetted his bed and the nights in which he woke up dry.



The doctor was very proud of Adam as he adhered to his instructions. He developed a treatment plan for Adam.

He also told Adam that he would stop peeing in his bed if he abides to the treatment.

Adam was very happy that he would finally get rid of this problem.

Adam adhered to the treatment plan and managed to overcome such problem!

The doctor rewarded Adam with a beautiful toy! His parents were very proud of him and let him sleep at his cousins' house at the weekend!

Adam yelled, 'This is the best day in my life!. Finally, I will practice all my favorite activities without fearing that I would wet my bed or feel ashamed!'

# Don't be scared.

## Adam wets his bed at night!!!



He is not guilty because he unintentionally does so, but he suffers from a small problem which can be resolved!

If you are hiding the same secret, you should know that you are not the only one who suffers from this problem.

Some students in your class, in your school or even of your relatives or neighbors, not to mention some older people around you, have the same problem. Do you know which one of them is suffering from this problem?

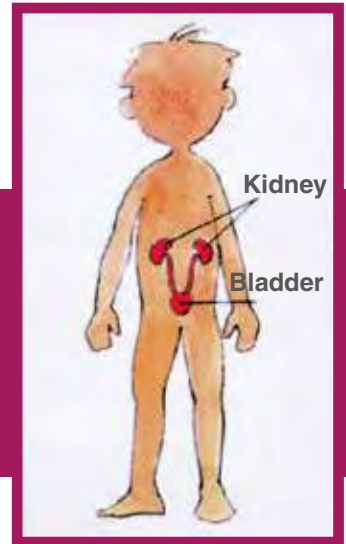
May be the postman, the baker, uncle Saleh, the greengrocer, or even the doctor himself!

You will overcome this problem, you will grow up and forget about it. So, don't worry, and just relax, you will never wet your bed again!



# Urinary System

## *How does urine compose?*



Everyone needs to clean up their body from the outside as well as the inside.

Body cells produce waste or excrements. Blood carries such excrements as it moves in the body. When excrements mix with water in our bodies, urine forms.

Every day, kidneys produce nearly a liter and a half of urine, which is then moved to the bladder through a thin tube. The bladder is a rubber ball the size of a nut, which is filled slowly with urine. When it is completely filled, it sends a warning signal to the brain, and at this moment, one feels the urge to urinate.

# Adults' Role

To help your child solve the night urinary incontinence problem, take the following simple measures:



- Do not let your child drink much fluids at night.
- Put clean blankets and pajamas near your child's bed; so, if they urinate, they could change their clothes by themselves;
- Let the bathroom lights on; so, if the child wakes up at night, they could reach it easily.
- Note that in most cases, this problem will disappear at the age of adulthood, but you should inform your doctor to find an appropriate solution in order to help your child.

There are many precautions that you can take to overcome this problem: Do not drink plenty of fluids before bedtime and put clean pajamas and blankets near your bed, so that if you wet your bed during your sleep, you can take off your wet clothes, wear a clean pajama and change the bed cover yourself without having to wake up your mother.

Moreover, your doctor will help you through giving you a medication, which you shouldn't forget to take. Make a small note, mark every day of the week in which you wake up dry, and place another mark on the day in which you wake up wet.

# Test

1. In order not to wet your bed during sleep, avoid drinking liquids at evening.

Yes ☐ No ☐

You are lucky;  
you can drink  
fluids as much  
as you want.



2. It is better to wear a diaper before going to bed.

Yes ☐ No ☐

The diaper?  
What?



3. The problem of bedwetting has no solution.

Yes ☐ No ☐

1- Yes 2- No 3-No

# Adults' Role



Teach your child to depend on themselves if they wet their bed through preparing clean quilt and pajamas.

Ask them to put the wet clothes in the washing machine. This approach would relieve them from embarrassment and enable you to enjoy your sleep.

*Adam must find the washing machine himself, without disturbing his parents.*





# Adults' Role



A child who wets his bed feels a great deal of embarrassment. So, he should not be scolded nor punished for that.

He should not be neglected otherwise he will tend to isolate himself, he should be encouraged to sleep at his friend's house after informing the friend's mother of his problem.

## Search for the Secret!

A matching exercise titled "Search for the Secret!". It consists of two rows of five illustrations each, connected by vertical dotted lines. The top row is labeled A through E, and the bottom row is labeled 1 through 5. The connections are as follows:

- A (boy's face) connects to 1 (girl with piggy bank).
- B (chair with candle) connects to 2 (boy in red shirt).
- C (candle with wax) connects to 3 (girl with heart thought bubble).
- D (open book with math) connects to 4 (boy in blue shirt).
- E (boy with glasses and money) connects to 5 (boy in red shirt).

Below each number in the bottom row is a label: 1-E, 2-D, 3-A, 4-B, and 5-C.