



Wetting in Children and Adolescents: A Practical Guide for Parents, Teachers, and Caregivers

Alexander von Gontard

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Step-by-step guidance for parents and carers on helping children and adolescents achieve dryness. Wetting is a distressing problem that is common in children and can also affect adolescents. This clearly written book shows parents and carers how to assess and treat wetting problems effectively.

Whether the problem is daytime wetting, bedwetting, or wetting with soiling, the chapters provide step-by-step instructions and concrete ideas to help children and adolescents achieve dryness. All recommendations are based on the latest scientific studies and guidelines such as those of the International Children's Continence Society (ICCS). Useful charts and questionnaires help identify the exact problem, track progress on a daily basis, and increase motivation.

This practical guide is ideal for parents as well as for teachers, educators, and caregivers.

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