

Superhero SAM!



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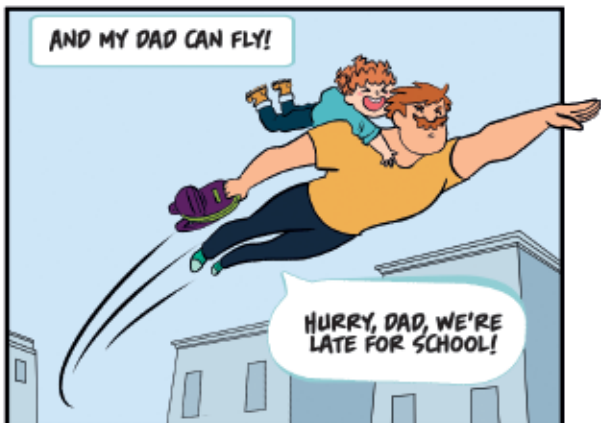
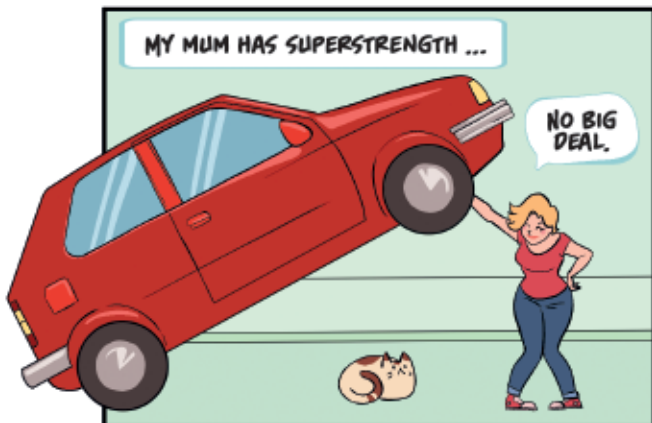
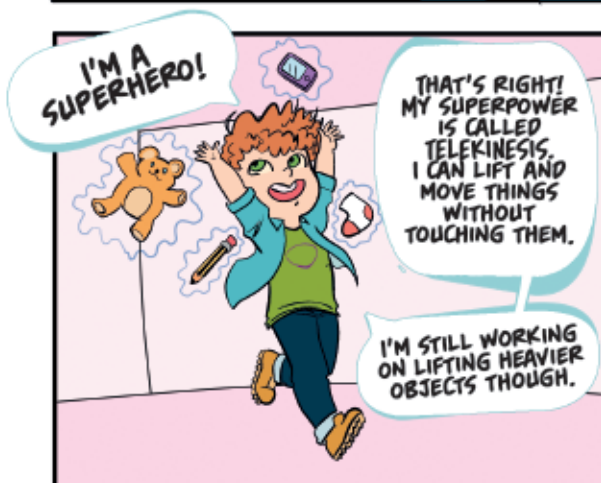


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THE PROBLEM WITH BEDTIME IS THAT I OFTEN WET MY BED AT NIGHT.

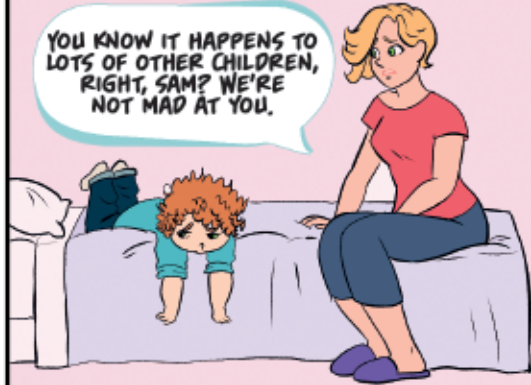


WHAT KIND OF NINE-YEAR-OLD DOES THAT?



MY PARENTS TRY TO TELL ME IT'S OK BUT...

YOU KNOW IT HAPPENS TO LOTS OF OTHER CHILDREN, RIGHT, SAM? WE'RE NOT MAD AT YOU.



I'M NOT SURE I BELIEVE THEM.



WHAT IF I NEVER STOP WETTING THE BED?



WHAT IF I CAN NEVER BECOME A REAL SUPERHERO BECAUSE OF IT?



WHAT IF MY FRIENDS FIND OUT ABOUT IT?



SPEAKING OF FRIENDS... I SHOULD PROBABLY INTRODUCE YOU.

Suri Sam Ollie Rose



MY FRIENDS ALSO HAVE SUPERPOWERS

THERE'S SURI... WE'VE KNOWN EACH OTHER SINCE WE WERE BABIES!



SHE CAN MAKE HERSELF AS SMALL OR AS TALL AS SHE WANTS.



AND OLLIE, WHO CAN DUPLICATE HIMSELF.

HI!



HI!

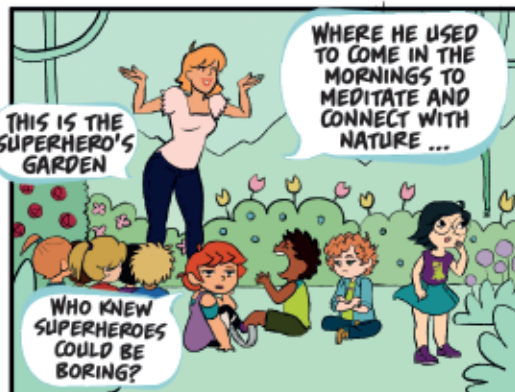
HE'S NOT ALLOWED TO SEND HIS DOUBLE TO SCHOOL, THOUGH.

AND THERE'S ROSE. SHE HAS PROSTHETIC LEGS, BUT IT'S NOT HER SUPERPOWER. SHE WAS IN AN ACCIDENT WHEN SHE WAS A BABY.

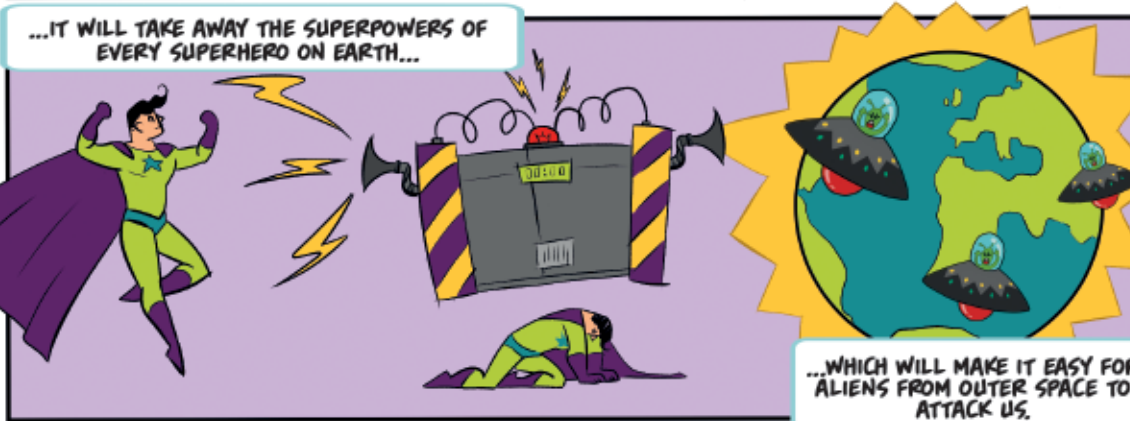
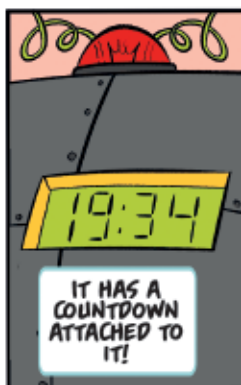
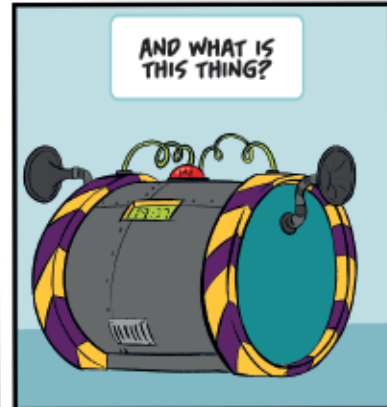
I'M STILL THE FASTEST OF THE CLASS.

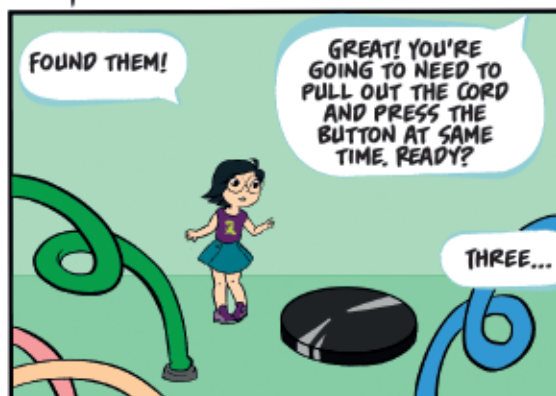








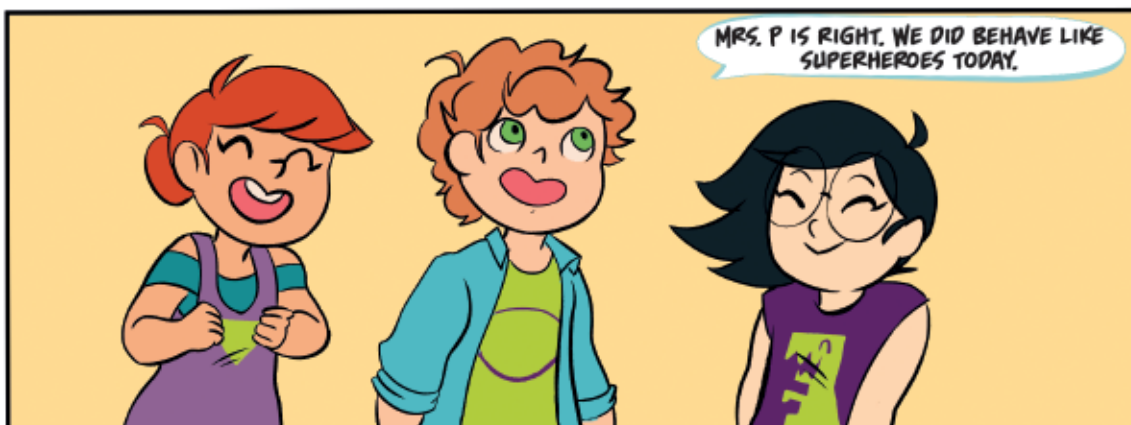
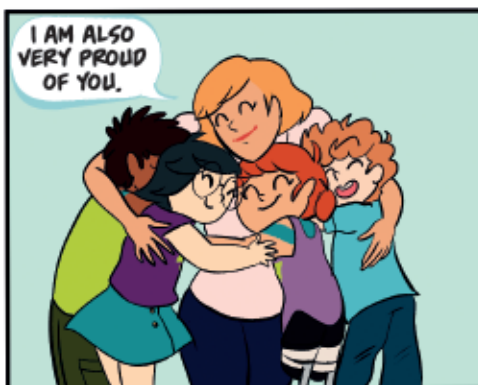
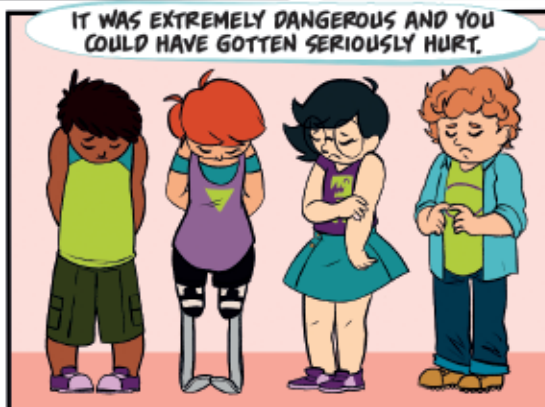
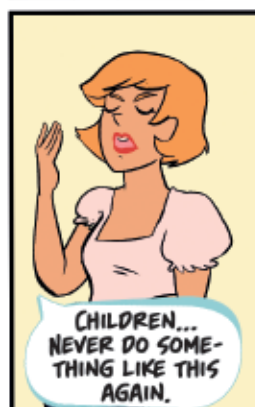




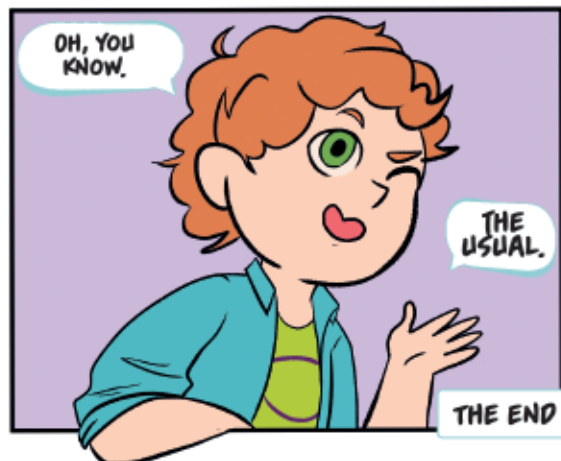
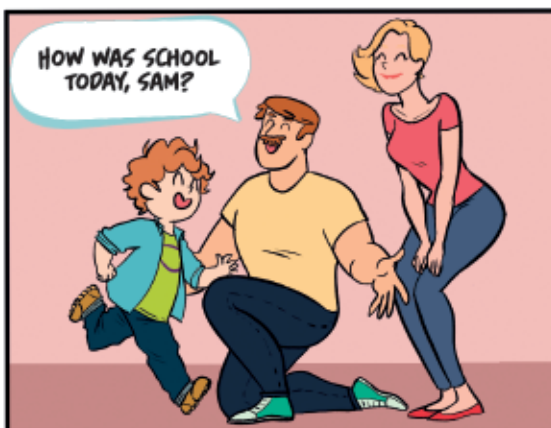














SOME TIPS



TO HELP YOU BETTER MANAGE A BEDWETTING PROBLEM



Do you sometimes struggle with night and/or daytime wetting like SAM?

IF THE ANSWER IS YES, THERE'S NO NEED TO WORRY, YOU'RE NOT ALONE AND THERE ARE MANY OTHER CHILDREN LIKE YOU WHO HAVE THE SAME PROBLEM.

THE MOST IMPORTANT THING IS TO FACE YOUR PROBLEM WITH CONFIDENCE AND FOCUS ON THE POSITIVES SO YOU CAN ACHIEVE YOUR GOALS.

TAKE A LOOK AT THESE TIPS, YOU CAN USE THEM TO MANAGE YOUR BEDWETTING ISSUE.



Be prepared: KEEP AN OVERNIGHT KIT READY THAT INCLUDES ABSORBENT UNDERWEAR. THAT WAY, YOU HAVE EVERYTHING YOU MIGHT NEED IN ONE PLACE!

Tell someone you trust: CHOOSE AN ADULT OR A FRIEND YOU CAN CONFIDE IN SO YOU ARE NOT ALONE IF SOMETHING HAPPENS! MOST PEOPLE ARE MORE UNDERSTANDING THAN YOU THINK (LIKE OLLIE!) AND WILL BE ABLE TO HELP YOU.

Drink plenty of water: DRINKING ENOUGH WATER IS ACTUALLY VERY IMPORTANT TO HELP YOU WITH BEDWETTING! DRINK 7-8 GLASSES DURING THE DAY AND STOP ONE HOUR BEFORE BEDTIME. DON'T FORGET TO GO TO THE BATHROOM BEFORE GOING TO SLEEP!

If a wetting incident occurs one night, that's OK! PLAN IN ADVANCE FOR WHAT YOU WILL DO IF SOMETHING HAPPENS: TALK TO THE PERSON YOU TRUST SO THEY CAN HELP YOU SORT IT OUT, MAKE UP AN EXCUSE THAT YOU CAN TELL YOUR FRIENDS JUST IN CASE, ETC. IF YOU ALREADY KNOW WHAT TO DO IF AN ACCIDENT EVER HAPPENS, YOU CAN HANDLE IT MORE CALMLY AND EASILY!

No matter what, don't forget that it's OK: BEDWETTING IS NOT A SHAMEFUL THING! IT HAPPENS TO A LOT OF CHILDREN AND THERE ARE MANY SOLUTIONS TO HELP YOU DEAL WITH IT. YOUR FRIENDS AND FAMILY ARE MORE SUPPORTIVE THAN YOU THINK AND THEY WILL HELP YOU TO REALISE THAT YOU CAN STILL GO ON ADVENTURES AND HAVE FUN!

**Don't forget to talk to your doctor or pharmacist;
they are experts and can help and guide you properly**



Be Unstoppable!

