



WHAT IS BED-WETTING?

Bed-wetting (also called nocturnal enuresis) is when the bladder empties while a child is asleep. This can happen every so often, or every night.

Bed-wetting is common. About one in every five children in Australia wets the bed. Bed-wetting can run in families and is more common in boys than girls before the age of nine years. It can be upsetting for the child and stressful for the whole family. The good news is that you can get help.

WHAT CAUSES BED-WETTING?

Wetting the bed is caused by a mix of three things:

- the body making a large amount of urine through the night;
- a bladder that can only store a small amount of urine at night; and
- not being able to fully wake up from sleep.

Children who wet the bed are not lazy or being naughty. Some illnesses are linked with bed-wetting, but most children who wet the bed do not have major health problems.

Day-time control of the bladder comes before night-time dryness. Most children are dry through the day by the age of three years and at night by school age. However, this can vary, and children may have accidents every so often, both day and night, up until they are seven or eight years of age.

WHEN SHOULD YOU SEEK HELP FOR BED-WETTING?

It is best to seek help from a health professional with special training in children’s bladder problems, such as a doctor, physiotherapist or continence nurse advisor. They can help children with their bed-wetting from when the child is about six years of age. Before this time it can sometimes be hard to get the child to be helpful. However, in some cases it might be wise to seek help sooner, such as when:

- the child who has been dry suddenly starts wetting at night;
- the wetting is frequent after school age;
- the wetting bothers the child or makes them upset or angry; or
- the child wants to become dry.

LAAC AGENIC EE KĒNĒ DŌ?

Laac-nĭn (tuany ye meth laac ka nin) ee rot looi tĕ niin meth. Kĕn a lĕu bĕ rot ya looi ku ben kŏc wālā a lĕu bĕ rot ya looi wĕĕr thok ebĕn.

Laac-nĭn ee rot lac looi. Mĕnh tŏk mĭth ka dhiĕc yiic baai Australia ee laac ka nin. Laac-nĭn ee cath kuat ku ee rot lac looi tĕn dhāk kĕc run ka dhoruan dŏt. A lĕu bĕ meth riāac guŏp ku diĕŋ kŏc baai nhĭim. Ku thoŋ path ee wĕt rĕĕr kuŏny thĭn tĕn mĭth laac ke nin.

YĒDŌ LAAC AGENIC BĔI?

A leŋ kāŋ ka diĕĕŋ laac-yŏt bĕi:

- Tĕ ye guŏp pĭu juĕc wuŏl wĕĕr yic;
- Tĕ koor alĕĕc bĕ lac juĕc cĭ ye muk; ku
- Tĕ kĕc meth pāac apath.

Mĭth ye agerem lāc ke nin aa ce adak rŏt ku wĕt le kek ruath-ruath. A leŋ tuĕny-tuĕny laac agenic yam, ke kĕdāŋ, mĭth juĕĕc laac ke nĭn aa cĭn gup tuĕny-tuĕny wĕn bĕ mĕdhiĕĕth diir.

Tĕ bĭ meth alāny de muŏk nhom thĭn akŏl yen kĕ bĕ yĕen pĕn laac-nĭn. Mĭth juĕĕc cĕ run ka diāk dŏt aa ce rŏt lāc akŏl ku keek aa ce laac ke nin tĕ le kek yet run le kek pan piŏc. Ke kĕdāŋ, kĕn ee yic wāac, ku mĭth aa nhĭim lac mār ku lĕckā rŏt, akŏl ku wĕĕr yet tĕ bĭ kek run ka dhorou wulĕ/ka bĕt dŏt.

YE NĒN DHIL YĪN WĪC KUŏNY RIN LAAC AGENIC?

Apath bĕ meth yāth tĕn raan cĕ wĕl alĕĕc kuen cĕmĕn akĭm, raan kŏc duāany wālā akuŏny-akĭm ĕ thi u thar. Kŏc cĕ piŏc kā aa lĕu bĭk meth kony bĕ muŏl laac nĭn tĕ cĭ meth run ka dhĕtem dŏt. Na kĕc meth run ka dhĕtem dŏt, ka ril yic bĕ kony bĕ muŏl laac nĭn. Ke kĕdāŋ, kaam dĕd, adik bĕ raan dŏc lac wiĕc meth, cĕmĕn:

- Na cĕ manh ka laac nĭn ben yem bĕ laac nĭn;
- Tĕ cĭ laac-nĭn ye nyin juak ka run panpiŏc yiic;
- Laac-nĭn ee meth diir ku ye rĕĕr cĕ puŏu riāak; wālā
- Tĕ wĭc meth yĕen bĕ muŏl laac-nĭn.





CAN BLADDER CONTROL THROUGH THE DAY BE A PROBLEM?

Some children who wet the bed at night also have problems with how their bladder works through the day. They may go to the toilet too few or too many times, need to rush to the toilet in a hurry, have trouble emptying out all the urine or have bowel problems. Unless the child has wet underwear, families often do not know about these other bladder and bowel control problems. New day-time wetting by a child who is toilet trained should be discussed with a doctor.

WHAT CAN BE DONE ABOUT BED-WETTING?

Many children do stop wetting in their own time with no help. Most often, if wetting is still very frequent after the age of eight or nine years, the problem does not get better by itself. There are many ways to treat bed-wetting. A health professional will begin by checking the child to make sure there are no physical causes and to find out how their bladder works through the day. Then, there are a few ways to treat bed-wetting that are most often used:

- **Night alarms** that go off when the child wets the bed. These work by teaching the child to wake up to the feeling of a full bladder. The alarm is used either on the bed or in the child's underpants. The results are best when the child wants to be dry, wets very often, has help from a parent through the night, and uses the alarm every night for several months. Some children become dry using an alarm but later start to wet again. Alarms can work again after this relapse.
- **Drugs** that change how active the bladder is or cut down how much urine is made through the night can be prescribed by a doctor. These drugs can be used to help the bladder work better at night. Drugs alone don't often cure bed-wetting. Bladder function must be improved or bed-wetting may come back when the drug is stopped.

RĔC BĔ YŌN LAAC YA DĀĀK AKŌL?

Mĭth kŏk laac nĭn aa rŏt lĀc akŏl aya. TĕkdĀ ka ce lac laac akŏl wĀlĀ ka laac kĕ gĀk yic, ku aa kat tĕ wĭc kek laac, ku alĕĕc a ce yic thŏk tĕ le kek laac wĀlĀ tĕkdĀ ka yĀny meth a rac. A cĭ kŏcc baai lac ņic lon leņ yen kĕ jŏŏr tĕn meth tĕ cĭn yen raan cĕ juaan de yŏk ka tiŏp – ka meth cĕ rot lĀc/pĕt. Na cĕ meth piŏŏc bĕ ya la roor ku kĕĕc bĕ rot cĭ ben ya lĀc ku ben gŏl bĕ rot bĕn ya lĀc, ka wĕt kĕn a dhil lĕk akĭm ĕ meth.

YĔDŌ LĔU BĔ LOOI BIĀK LAAC-NĪN?

Mĭth juĕc aa muŏl laac-nĭn ka cĭn akĭm cĕ ke kony. Ee rot lac looi, tĕ ņuŏt ye meth laac nĭn ka cĕ run ka bĕt wĀlĀ dhoņuan dŏŏt, bĕ laac agenic cĭ kĀĀc rot ka cĭn dŏc. A leņ dhŏl juĕĕc ye laac agenic cŏla kĀĀc. Raan cĕ wĕl ĕ pial guŏp kueen a bĕ meth ka caath guŏp bĕ tĭņ lon cĭn yen kĕ wĀĀc meth guŏp ku biŏŏk tĕ ye meth lĕc thĭn akŏl. Ku jŏl lon wal bĕn, a leņ dhŏl reen ye laac-nĭn dŏcc bĕ kŏcc ku keek aa kĭk:

- **Kaŋ ĕ wĕĕr** kaŋ ĕ wĕĕr wĕn rot kooth tĕ cĭ meth laac nĭn. Kĕn ee meth piŏŏc bĕ ya pĀĀc ku le laac tĕ nĕk lĕc yeen. Kaŋ kĕn a ye tĀĀu agerem nhom ku a lĕu bĕ tĀĀu juaan ĕ meth yic aya. Kaŋ kĕn ee meth kony tĕ yen meth yen wĭc yeen bĕ dhiel muŏl laac agenic, tĕ ye meth rot lac lĀc, ku kaŋ a bĕ ņic luui aya tĕ ye meth nin ke yeen abak pĕy juĀĀc yiic. Mĭth kŏk aa muŏl laac agenic tĕ ye kek nin ke kaŋ ku na lĀ kaŋ anyĕci, ka keek aa bĕn lŏk dhuk laac agenic yic. Kaŋ a lĕu bĕ meth bĕn kony bĕ muŏl laac-nĭn tĕ cĭ yen laac agenic bĕn dhuŏk.
- **Wal** ye puŏu meth guŏp bĭk alĕĕc ya muk nhom wĀlĀ bĭk lĕc ye rok ĕ meth wuŏl wĕĕr yic tĕk yiic – ku wal kĀ aa ye akĭm gĀt meth. Wal ka aa lĕu bĭk alĕĕc cŏl ye ņic luui wĕĕr yic. Wal nyĭn rŏt aa ce laac agenic cŏla kĀĀc. Tĕ ye alĕĕc luui thĭn a dhil cŏk piny ku na kĕc cŏk piny, ka meth a lĕu bĕ dhuk laac agenic yic tĕ le yen muŏl dĕk-dĕk ĕ wal.





WHAT CAN PARENTS DO?

- Seek help from a health professional with special training in children’s bladder problems, such as a doctor, physiotherapist or continence nurse advisor.
- Watch for constipation as this can make the bladder problem worse. Seek medical help if it is an ongoing problem.
- If your child is using a bed-wetting alarm, get up when it goes off and help to wake them up and change their clothes or sheet. Make sure there is enough light at night so it is easy to get to the toilet.

There are some things which do NOT help:

- DO NOT punish for wet beds.
- DO NOT shame the child in front of friends or family.
- DO NOT lift the child at night to toilet them. This may cut down on some wet beds, but it does not help the child learn to be dry.
- DO NOT try to fix bed-wetting when other family members are going through a stressful time.

YENÖ LĒU BĪ MĒDHIĒĒTH LOOI?

- Wic kuɔɔny tĕn raan cĕ wĕl kĭim kueen biäk alĕĕc ku yăc – kɔc cĕ wĕl kă kueen aa kɔc cĭt akĭim, kɔɔc kɔc duăăny wălă akuɔny-akĭim ĕ thi u thar.
- Muk meth nhom ba tĭŋ lon cĭ yen kuil rin ye kuil alĕĕc ɔla cak. Lak tĕn akĭm tĕ kĕc kuil kɔɔc.
- Na ye manh du tɔc ke kaŋ ĕ wĕĕr, ka yĭ jɔt rot tĕ kuuth kaŋ ku kony meth bĕ păăc ku war alĕth keen nĭn. Ɔɔl mer-mer ye piny tĭŋ a tɔu rin băk dhĕl la yŏn laac ŋĭec ya tĭŋ wĕĕr yic.

A leŋ kă cĕ path:

- DUK meth mĕt rin cĭ yen akăt lâc yiic.
- DUK meth yŏr pamăth wălă kɔɔc mac-thok nhĭim.
- DUK meth ye jɔt wĕĕr yic ba yăth yŏn laac. Kĕn a lĕu bĕ meth gĕl bĕ akăt cĭ lĕc ku a cĭ lĕu bĕ meth piŏŏc bĕ muŏl laac-nĭn.
- DUK laac agenic wel bĕ ya yen kĕ dĭt tĕ leŋ yen kă kŏk jŏŏr baai tĕn kɔɔc cĕ macthok.





SEEK HELP

Qualified nurses are available if you call the National Continence Helpline on 1800 33 00 66* (Monday to Friday, between 8.00am to 8.00pm Australian Eastern Standard Time) for free:

- Information;
- Advice; and
- Leaflets.

If you have difficulty speaking or understanding English you can access the Helpline through the free Telephone Interpreter Service on 13 14 50. The phone will be answered in English, so please name the language you speak and wait on the phone. You will be connected to an interpreter who speaks your language. Tell the interpreter you wish to call the National Continence Helpline on 1800 33 00 66. Wait on the phone to be connected and the interpreter will assist you to speak with a continence nurse advisor. All calls are confidential.

Visit bladderbowel.gov.au or continence.org.au/other-languages

* Calls from mobile telephones are charged at applicable rates.

WĪC KUƆƆNY

Mathaat akīm cĭ piöc aabĭ tō na yĭ ayup telepun KuƆƆny Baai kāk thiu thar ee nĭmra kĕnĕic tōk, bĕt, gueu, diäk, diäk, gueu, dhetem, dhetem*/ 1800 33 00 66* (aköl Tök agut aköl Dhiĕc ee Läätic (Monday- Friday) kaam thaa bĕt nhiäk-duur (8am) ku thaa bĕt thĕĕi (8pm) ee thaa kōc Australia ciĕŋ Ciĕĕn) aye gām kōc abĕc:

- Lĕk/Wĕl;
- Wĕĕt; ku
- Athör thiin ĕ lĕk.

Na yĭn acie nĭĕc jam thoŋ English apiĕth ka yĭn alĕu ba telpun luoi ye kōc KuƆƆny wĕr thokic yuöp. Cōl nĭmra kĕnĕ tōk diäk, tōk, ŋuan, dhiĕc/13 14 50. Tuenĭc, abĭ raan koŋ dhuk nhom ee thoŋ English, luel thoŋduön ee yĭn jam ku tiĕĕt ee telepunic. Yĭn abĭ tuööm thok kek raan kōc waar thook/duwĕr jam thuoŋdu, ku jal kek lĕk wĕtduön wĭc ee yĭn kōc Baai KuƆƆny Kāk thiu thar yuöp ee nĭmra kĕnĕic tōk, bĕt, gueu, diäk, diäk, gueu, dhetem, dhetem/ 1800 33 00 66. Tiĕĕt ee telepunic ku bĭ yĭ gam ku duwĕr abĭ kony ba jam kek mathaat akīm kōc lĕk. Telepun duwĕr aye kōc yup thĭn abĕc/majan ee rin cĭn en wĕu ye wĭc tĕnĕ yĭn. Kek wĕl ĕbĕn aye thiaan yiic.

Nem thioInyin eet bladderbowel.gov.au wulĕ continence.org.au/other-languages (thok-thok kōk yiic)

* Yup mobaalic ee wĕu cam tĕcĭt cōt baai ĕtĕn.

