



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.

တံဆိပ်ဆါဘဲသးအံ့မုတ်မနုလဲလဲ

တံဆိပ်ဆါဘဲသး(တံကိးစွဲကိးအိလော nocturnal enuresis) မုတ်ပဆိပ်အလိကအိကွဲဖဲဖိသံတကမံဘဲအသးအဖဲမုတ်န့လိ.တံအံ့ကဲ ထိပ်အသးတလိလိ, မုတ်မုတ်ကိးန့ဒဲးန့လိ.

တံဆိပ်ဆါဘဲသးအံ့မုတ်ကဲထိပ်ညီန့သးလိ. ဖိသံ ယဲကအကျိတက လကီအိးစကြုလဲယဲအပူအံဆိပ်ဆါဘဲအသးန့လိ.တံဆိပ်ဆါဘဲသး တခါအံ့မုတ်ဟဲလိ.စာလဟံဖိယိဖိအဆိပ်ဒီးညီန့ကဲထိပ်သးဒီးဖိသံပိ ချဲဖိတဖ်အါန့ဒဲးပိမုတ်တချူးအသးန့ပဲဒဲး ဝဲန့အခါန့လိ.ဖိသံတဖ် အဂီကဲထိပ်တံသးတမုတ်ဒီးကဲတံသးတံတလဟံဖိယိဖိလဲအဂီန့ လိ.တံကစိပ်အဂုတမံတခါမုတ်န့ဒဲးန့တံမာစာလတံဂုအံ့သ့လိ.

တံဆိပ်ဆါဘဲသးတခါအံ့ကဲထိပ်အသးခိဖိမနုအယိလဲ

တံဆိပ်ဆါဘဲသးတခါအံ့ကဲထိပ်အသးခိဖိမနုအယိလဲ...

- ပမိပျံးဒဲးကဲထိပ်ဆိပ်ထံအါအါဂီဂီသ့လဲမုတ်န့အကတီ
- ပဆိပ်အတခါမုတ်ထဲတခါလကကဖိယဲယဲဆိပ်ထံထဲအဆဲးအစ့လမုတ် န့ကတီ,ဒီး
- ကဟံထိပ်လတံမံအပူတနီပ်ထိပ်အသးဂုဂုဘဲ.

ဖိသံလဲဆိပ်ဆါဘဲအသးတဖ်တမုတ်လအကဲဒီးနဲတလိအယိဘဲ.တံ ဆူးတံဆါတနီဘဲဘူးယုတ်အသးဒီးတံဆိပ်ဆါဘဲသးအံ့, ဘဲဆိပ်ဖိသံ လဲအဆိပ်ဆါဘဲအသးတဖ်အါတကွဲတဆိပ်ဒီးတံဆူးတံဆါအခိအမုတ်နီ အမံဘဲလိ.

မုတ်ဆါကတီတံကိးဆိပ်န့တဖ်ဟဲဆိပ်တချူးမုတ်န့န့လိ.ဖိသံအါတကွဲ မုတ်ဆါတဆိပ်ဆါဘဲအသးတူအသးပဲထိပ်သးန့တစုဒီးလမုတ်န့အသး ကဆိပ်ဖဲအထိပ်ကိးန့ပဲထိပ်တစုန့လိ.ဘဲဆိပ်,တံအံ့ကဲလိ.ဆိပ် အသးသ့,ဖိသံတနီကဆိပ်ဆါဘဲအသးတလိလိ, လမုတ်န့မုတ်ဆါခဲက တီလဲ,တူအသးပဲထိပ်န့မုတ်ယိးန့တစုလိ.

နကလိလဲယုတ်မာစာလတံဆိပ်ဆါဘဲသးတခါအံ့လဲအကတီဖဲလဲ

အဂုကတံလဲနကလဲယုတ်န့တံမာစာလအုချုပုဘဲမုတ်ဒါတဖ်လဲ အိပ်ဒီးတံသိပ်လိလိဆိလဲဖိသံတံကိးဆိပ်အဂီ,ဒဲးသိးကသံသရဲ,ပုစံ ဘဲတံ,မုတ်မုတ်ကိးအုတ်ကိးဆိပ်န့စဲပုဟ့ကွဲတံတဖ်အိပ်န့လိ. အဲသ့မုတ်မာစာဖိသံတဖ်လဲအဆိပ်ဆါဘဲအသးစးထိပ်ဖဲအသးအိပ်ယု န့တဖ်န့လိ.တချူးဆါကတီအံ့ကဲလဲလဲပကမာစာဖိသံအံ့အဂီလိ. ဘဲဆိပ်,လဲတံအိပ်သးတနီအဖိမိပ်အကဲဒိပ်လဲပကယုထိပ်န့တံမာစာဖဲ အဆိပ်အချု, ဒဲးသိးဆါကတီဖဲ

- ဖိသံတဖ်ဖဲမုတ်ဆိပ်မုတ်တဆိပ်ဆါဘဲအသးတဖ်ကစးထိပ်ဆိပ် ဆါဘဲအသးလဲမုတ်န့ကတီ.
- ဖဲထိပ်ကိးန့ပဲထိပ်တစုဆိပ်ဆါဘဲအသးတလိလိ.
- တံဆိပ်ဆါဘဲအသးအံ့ကဲထိပ်တံသးတမုတ်ဒီးတံသးအုန့ဘဲဖုး လဲဖိသံအဂီ, မုတ်မုတ်
- ဖိသံတဆိပ်ဒီးလဲကဆိပ်ဆါဘဲအသးဒဲးအံ့ဘဲ.





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.
- Talk to your child about how their body works.
- Let your child know what has caused their problem.
- Do things with your child that help them feel good about themselves.
- Praise your child when they follow the health professional's advice.
- Ensure your child drinks five or six glasses of water daily, as many children with bladder problems do not drink enough.
- Try to cut back how many fizzy drinks your child has.
- Support your child in choosing to become dry and be positive about the treatments they are using.
- 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.

ဒီဟ်တဖ်မတီမနုသုလဲင်.

- ယုထံင်န့တံမၤစၤလၢဆူင်ချ့ ပုၤဘၣ်မုၢ်ဘၣ်ဒါတဖ်အဆိပ်လၢကဆိပ်ဒီး တံဂဲလိလိဆိလၢဖိသံဆိတ်ဆိတ်ဘၣ်အသးတံဂ့ၢ်ကိတဖ်အဂီၢ်, ဒ်သိးကသံင်သရၣ်, ပုၤစံးဘံးတံဖိမုတမ့ၢ်နးစံးလၢဟ့ၣ်ကူၣ်ဘၣ်ယးတံကီၢ်အ့ၣ်ကီၢ်ဆိတ်တဖ်အဆိပ်တက့ၢ်.
- ကတီၤတံဒီးနဖိတဖ်ဒ်သိးအမိၢ်ပုၤနီၢ်ခိမၤတံဒ်လဲၣ်အဂ့ၢ်.
- ပျဲနဖိတဖ်သ့ၣ်ညါတံမနုၤဒုးကဲထီၣ်တံဂ့ၢ်ကိတဖ်လဲၣ်.
- မၤယုၣ်သကိးတံဒီးနဖိဒ်သိးကသုမၤစၤအိၤလၢတံမနုၤကဂ့ၢ်လၢအဂီၢ်.
- စံးထီၣ်ပတြၢၤအိၤဖဲနဖိမၤထွဲဆူၣ်ချ့ ပုၤဘၣ်မုၢ်ဘၣ်ဒါအတံန့ၣ်လိၤအိၤအသိး.
- မၤလိၤတံဒ်သိးနဖိကသုအိထံ ယဲၣ်တုၤယုၣ်လၢတနံၤအတီၢ်ပုၤခိဖျိမိသ့ၣ်လၢအိၣ်ဒီးတံကီၢ်ဆိတ်တံဂ့ၢ်ကိတဖ်တအိထံလၢလိၣ်ဝဲအယိ.
- မၤစုၤလိၤတံဆာထံလၢအိဝဲတဖ်.
- ဆိတ်ထွဲနဖိဒ်သိးကယုထၢအတံဒ်ဒ်သိးတံကူၤလၢသုတဆိတ်ဆိတ်ဘၣ်အသးအဂီၢ်ဒီးကျဲးစးမၤထွဲတံကူၤလၢတုၤလၢအမၤဝဲ.
- ကူၢ်ထွဲအတံဟၢမၤကျၢၤစ့ၢ်ကိးခိဖျိတံအံၤဒုးနးထီၣ်တံဆိတ်ဆိတ်ဘၣ်အသးသ့ဝဲအယိလိၤ. တံအံၤမ့ၢ်ဆဲးမၤအသးသၢပုၤယုထံင်န့တံကူၤလၢတုၤတံမၤစၤတက့ၢ်.
- နဖိမ့ၢ်သုန့ၣ်ရံၢ်ကိးဟံၢ်ထီၣ်တံန့ၣ်, ဂဲၤဆၢထၢၣ်ဖဲန့ၣ်ရံၢ်သိၣ်ထီၣ်အခါဒီးမၤစၤအိၤလၢကဟံၢ်ထီၣ်ဒီးဆိတလဲအကူၤကလိၢ်မံအဂီၢ်တက့ၢ်. ဟံကပီၤမ့ၢ်အုဂ့ၤဂုၤဒ်သိးကထံင်တံလၢကလဲထီၣ်တံဟးလိၤအဂီၢ်တက့ၢ်.

တံအိၣ်ဝဲတနီၤလၢ တကဲထီၣ် တံမၤစၤလၢအဂီၢ်-

- တဘၣ်စံၣ်ညီၣ်အိၤခိဖျိဆိတ်ဆိတ်ဘၣ်အသးအယိ.
- တဘၣ်စိၣ်ထီၣ်အိၤလၢမ့ၢ်နးဒ်သိးကထီၣ်တံဟးလိၤအဂီၢ်ခိဖျိတံအံၤကမၤစုၤလိၤတံဆိတ်ဆိတ်ဘၣ်အသးဘၣ်ဆၣ်တသိၣ်လိမိသ့ၣ်လၢကမၤလိသုအသးဒ်သိးသုတဆိတ်ဆိတ်ဘၣ်အသးအဂီၢ်ဘၣ်လိၤ.
- တဘၣ်မၤမဲၣ်ဆုးအိၤလၢအတံးသကိးမုတမ့ၢ်ဟံၣ်ဖိယိမိအဂၤတဖ်အမဲၣ်ညါတဂ့ၤ.
- တဘၣ်မၤဘၣ်တံဂ့ၢ်ကိလၢတံဆိတ်ဆိတ်ဘၣ်အသးတခါအံၤအယိဖဲဟံၣ်ဖိယိမိအဂၤတဖ်ခိဖျိဘၣ်တံသးတံတံအဆၢကတီၢ်အံၤအခါတဂ့ၤ.





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.

ယုထံၣ်န့ၣ်တၢ်မၤစၢ

နးစံလၢဖျိတီၤပတီၢ်တဖၣ်အိၣ်ဝဲဖဲနဆဲးကျိး **National Continence Helpline** ဖဲ **1800 33 00 66** (မုၢ်ဆၣ်တုၤမုၢ်ဖိဖး,စးထီၣ်ဂီၤ 8.00တုၤ8.00န့ၣ်ရံၢ်ဟါအိးစကြုလ်ယၣ် မုၢ်ထီၣ်တၢ်ဆါဘၣ်အသိး) လၢတလၢၣ်စ့ဘၣ်...

- တၢ်ဂ့ၢ်တၢ်ကျိၤ.
- တၢ်ဟ့ၣ်က့ၣ်ဟ့ၣ်ဖးဒီး
- လံာ်ဘိးဘၣ်ရၤလီၤကဘျိးတဖၣ်.

န့ၣ်အိၣ်ဒီးတၢ်ဂ့ၢ်ကိလၢနကတီၢ်မ့တမ့ၢ်န့ၢ်ဟါအဲကလံးကျိၣ်တခါနဒီးန့ၢ်တၢ်မၤစၢအကျိၤအကျဲခိဖျိကျိးထံလိတဲစိအကျိၤလၢတလၢၣ်စ့ဘၣ်သ့ဖဲ **13 14 50**န့ၣ်လီၤ.ပုၤဖိၣ်လိတဲစိတဖၣ်ကကတီၢ်တၢ်ဒီးနးလၢအဲကလံးကျိၣ်, အယိကတီၢ်ဖျါထီၣ်ကျိၣ်လၢနကတီၢ်အိၣ်ခိးအိၣ်တက့ၢ်.တၢ်ဆဲးကျိးန့ၢ်နဂီၢ်ဆူပုၤကျိးထံတၢ်ဖိလၢကတီၢ်န့ၣ်တဂၤအအိၣ်န့ၣ်လီၤ. တဲဘၣ်ပုၤကျိးထံတၢ်ဖိတဂၤလၢကကိးန့ၢ်နး **National Continence Helpline** ဖဲ **1800 33 00 66**တက့ၢ်.အိၣ်ခိးကန့ၣ်လိတဲစိတုၤတၢ်ဆဲးကျိးန့ၢ်နးတဖၣ်ဒီးပုၤကျိးထံတၢ်ဖိကမၤစၢနးလၢနကတီၢ်ဘၣ်တၢ်ဒီးနးစံမုၢ်လၢကဟ့ၣ်က့ၣ်န့ၢ်ဘၣ်ယးတၢ်ကိးဆံၣ်တၢ်ဟ့ၣ်က့ၣ်ဟ့ၣ်ဖးတဂၤန့ၣ်လီၤ. လိတဲစိတၢ်ဆဲးကျိးအပူၤတဖၣ်ခဲလၢတၢ်ဟ်အိၤလၢတၢ်ခူသ့ၣ်န့ၣ်လီၤ.

ကွၢ်ဘၣ်ဖဲ bladderbowel.gov.au မ့တမ့ၢ် continence.org.au/other-languages တက့ၢ်.

* တၢ်ဆဲးကျိးခိဖျိလိတဲစိစိစုတဖၣ်တၢ်ယုအပုၤဒ်တၢ်ဟ်ပနီၣ်အိၣ်အသိးန့ၣ်လီၤ.

