



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.

တံဆိပ်ဆါဘိတ်သးအံ့မုတ်မနုလဲလဲ

တံဆိပ်ဆါဘိတ်သး(တံကိးစွာကိးအိလော nocturnal enuresis) မုတ်ပဆိပ်အလိကအိကွိုင်ဖဲဖိသံတကမံဘိတ်အသးအဖမုတ်န့လိလိ.တံအံ့ကဲ ထိုင်အသးတလိလိ, မုတမုတ်ကိးနုဒဲးန့လိလိ.

တံဆိပ်ဆါဘိတ်သးအံ့မုတ်ကဲထိုင်ညီနုသးလိလိ. ဖိသံ ယဲကအကျိတက လာကိးအိးစကြွလဲယပ်အပူအံဆိပ်ဆါဘိတ်အသးန့လိလိ.တံဆိပ်ဆါဘိတ်သး တခါအံ့မုတ်ဟဲလိလိ.လောဟံပိဖိဖိအဆိပ်ဒီးညီနုကဲထိုင်သးဒီးဖိသံပိ ချဲဖိတဖ်အါနုဒဲးပိမုတ်တချူးအသးန့ပဲဒဲး ဝဲန့အါန့လိလိ.ဖိသံတဖ် အဂီကဲထိုင်တံသးတမုတ်ဒီးကဲတံသးတံတလိလိဟံပိဖိဖိလဲလဲအဂီန့ လိလိ.တံကစိပ်အဂုတမံတခါမုတ်န့ဒီးန့တံမမလောတံဂုအံ့သ့ပဲလိလိ.

တံဆိပ်ဆါဘိတ်သးတခါအံ့ကဲထိုင်အသးခိဖိုမနုအယိလဲလဲ

တံဆိပ်ဆါဘိတ်သးတခါအံ့ကဲထိုင်အသးခိဖိုမနုအယိလဲလဲ...

- ပမိပျံဒုးကဲထိုင်ဆိပ်ထံအါအါဂီဂီသ့ပဲလါမုတ်န့အကတီ
- ပဆိပ်အတခါမုတ်ထဲတခါလောကကဖိုင်ယပ်ဆိပ်ထံထဲအဆဲးအစုလောမုတ် နုကတီ,ဒီး
- ကဟံထိုင်လောတံမံအပူတနီန့ထိုင်အသးဂုဂုဘိတ်.

ဖိသံလါဆိပ်ဆါဘိတ်အသးတဖ်တမုတ်လါအကုဒီးနုတလိအယိဘိတ်.တံ ဆူးတံဆါတနီဘိတ်ဘူးယုတ်အသးဒီးတံဆိပ်ဆါဘိတ်သးအံ့, ဘိတ်ဆိပ်ဖိသံ လါအဆိပ်ဆါဘိတ်အသးတဖ်အါတကွါတဆိပ်ဒီးတံဆူးတံဆါအခိအမုတ်နီ အမံဘိတ်လိလိ.

မုတ်ဆါကတီတံကိးဆိပ်န့တဖ်ဟဲဆိပ်တချူးမုတ်နုန့လိလိ.ဖိသံအါတကွါ မုတ်ဆါတဆိပ်ဆါဘိတ်အသးတုအသးပဲထိုင်သးန့တစုဒီးလါမုတ်နုန့အသး ကဆိပ်ဖဲအထိုင်ကိးသးန့ပဲထိုင်တစုန့လိလိ.ဘိတ်ဆိပ်,တံအံ့ကဲလိလိဆိပ် အသးသ့ပဲ,ဖိသံတနီကဆိပ်ဆါဘိတ်အသးတလိလိ, လါမုတ်နုန့ဆါခဲက တီလါ,တုအသးပဲထိုင်န့မုတ်မုတ်ယိးန့တစုလိလိ.

နကလိလိလုတံမမလောတံဆိပ်ဆါဘိတ်သးတခါအံ့လါဆါကတီဖဲလဲလဲ

အဂုကတံလါနကလုယုထိုင်န့တံမမလောဆုချုပုဘိတ်မုဘိတ်ခါတဖ်လါ အိပ်ဒီးတံသိပ်လိလိဆိလါဖိသံတံကိးဆိပ်အဂီ,ဒဲးသိးကသံသရပ်,ပုစံ ဘဲးတံ,မုတမုတ်ကိးအုတ်ကိးဆိပ်နုးစံပုဟုဂုကုတ်တံတဖ်အိပ်န့လိလိ. အဲဒဲသ့ပဲမမလောဖိသံတဖ်လါအဆိပ်ဆါဘိတ်အသးစးထိုင်ဖဲအသးအိပ်ယု န့တဖ်န့လိလိ.တချူးဆါကတီအံ့ကဲလိလိလါပကမမလောဖိသံအံ့အဂီလိလိ. ဘိတ်ဆိပ်,လါတံအိပ်သးတနီအဖိမိပ်အကါဒိပ်ပဲလါပကယုထိုင်န့တံမမလော အဆိအချု, ဒဲးသိးဆါကတီဖဲ

- ဖိသံတဖ်ဖဲမုတ်ဆါမုတ်တဆိပ်ဆါဘိတ်အသးတဖ်ကစးထိုင်ဆိပ်ဆါ ဘိတ်အသးလါမုတ်နုကတီ.
- ဖဲထိုင်ကိးသးန့ပဲထိုင်တစုဆိပ်ဆါဘိတ်အသးတလိလိလိ.
- တံဆိပ်ဆါဘိတ်အသးအံ့ကဲထိုင်တံသးတမုတ်ဒီးတံသးအုန့ဘိတ်ဖုး လါဖိသံအဂီ, မုတမုတ်
- ဖိသံတဆိပ်ဒီးလါကဆိပ်ဆါဘိတ်အသးဒဲးအံ့ဘိတ်.





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 ပှဘၣ်မုဘၣ်ဒါတဖ်အအိၣ်လၢကအိၣ်ဒီး တံဂဲလိလိဆီလၢဖိသၣ်ဆိတ်ဆိတ်အသးတံဂ့ကိတဖ်အဂီၢ်, ဒ်သိး ကသံင်သရၣ်, ပှစံးတံမိမုတမ့ၢ်နးစံးလၢဟ့ၣ်ကူၣ်ဘၣ်ယးတံကီၢ် အ့ၣ်ကီၢ်ဆိတ်တဖ်အအိၣ်တက့ၢ်.
- ကတီၢ်တံဒီးနဖိတဖ်ဒ်သိးအမိၢ်ပှၢ်နီၢ်ခိမၤတံဒ်လဲၣ်အဂ့ၢ်.
- ပျဲနဖိတဖ်သ့ၣ်ညါတံမနုၤဒုးကဲထီၣ်တံဂ့ကိတဖ်လဲၣ်.
- မၤယုသကိးတံဒီးနဖိဒ်သိးကသုမၤစၤအိၣ်လၢတံမနုၤကဂ့ၢ်လၢအဂီၢ်.
- စံးထီၣ်ပတြၢ်အိၣ်ဖဲနဖိမၤထွဲဆူၣ်ချ့ ပှဘၣ်မုဘၣ်ဒါအတံန့ၣ်လိၤအိၣ် အသိး.
- မၤလိၤတံဒ်သိးနဖိကသုအိၣ်ထံ ယဲတုယုခူးလၢတနံၤအတီၢ်ပူၤခိဖျိမိသၣ် လၢအိၣ်ဒီးတံကီၢ်ဆိတ်တံဂ့ကိတဖ်တအိၣ်ထံလၢလိၣ်ဝဲအယိ.
- မၤစုၤလိၤတံဆၢထံလၢအိၣ်တဖ်.
- ဆိတ်ထွဲနဖိဒ်သိးကယုထၢအတံဒ်ဒ်သိးတံကူၤလၢသုတဆိတ်ဆိတ်အသး အဂီၢ်ဒီးကျဲးစးမၤထွဲတံကူၤလၢတၢ်လၢအမၤဝဲ.
- ကူၢ်ထွဲအတံဟၢမၤကျၢၤစ့ၢ်ကိးခိဖျိတံအံၤဒုးနးထီၣ်တံဆိတ်ဆိတ်အသး သုဝဲအယိလိၤ. တံအံၤမ့ၢ်ဆဲးမၤအသးသၢပှၢ်ယုထံင်န့တံကူၤလၢတၢ် မၤစၤတက့ၢ်.
- နဖိမ့ၢ်သုန့ၣ်ရံၢ်ကိးဟံၢ်ထီၣ်တံန့ၣ်, ဂဲဆၢထၢၣ်ဖဲန့ၣ်ရံၢ်သိၣ်ထီၣ်အခါဒီးမၤ စၤအိၣ်လၢကဟံၢ်ထီၣ်ဒီးဆိတ်လဲအကူၤလိၢ်မံအဂီၢ်တက့ၢ်. ဟံကပီၤမ့ၢ် အုဂ့ၤဂုၤဒ်သိးကထံင်တံလၢကလဲထီၣ်တံဟးလိၢ်အဂီၢ်တက့ၢ်.

တံအိၣ်ဝဲတနီၤလၢ တကဲထီၣ် တံမၤစၤလၢအဂီၢ်-

- တဘၣ်စံၣ်ညီၣ်အိၣ်ခိဖျိဆိတ်ဆိတ်အသးအယိ.
- တဘၣ်စိၣ်ထီၣ်အိၣ်လၢမ့ၢ်နးဒ်သိးကထီၣ်တံဟးလိၢ်အဂီၢ်ခိဖျိတံအံၤကမၤ စုၤလိၤတံဆိတ်ဆိတ်အသးဘၣ်ဆၣ်တသိၣ်လိမိသၣ်လၢကမၤလိသု အသးဒ်သိးသုတဆိတ်ဆိတ်အသးအဂီၢ်ဘၣ်လိၤ.
- တဘၣ်မၤမဲၣ်ဆုးအိၣ်လၢအတံးသကိးမုတမ့ၢ်ဟံၣ်ဖိယိမိအဂၤတဖ်အမဲၣ် ညါတဂ့ၤ.
- တဘၣ်မၤဘၣ်တံဂ့ကိလၢတံဆိတ်ဆိတ်အသးတခါအံၤအယိဖဲဟံၣ်ဖိ ယိမိအဂၤတဖ်ခိဖျိဘၣ်တံသးတံတံအဆၢကတီၢ်အံၤအခါတဂ့ၤ.





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.

ယုထံနံတံအစာ

နားစံလၢဖျိတံပတီတဖၣ်အိၣ်ဝဲဖဲနဆဲးကျိး **National Continence Helpline** ဝဲ **1800 33 00 66** (မုၢ်ဆၣ်တုၤမုၢ်ဖိဖး,စးထီၣ်ဂီၤ 8.00တုၤ8.00န့ၣ်ရံၢ်ဟါအိးစကြုလံယၣ် မုၢ်ထီၣ်တံဆါဘဲသားအသိး) လၢတလၢ်စ့ဘၣ်...

- တံဂုၢ်တံကျိး.
- တံဟ့ၣ်ကုၣ်ဟ့ၣ်ဖးဒီး
- လံာ်ဘိးဘၣ်ရၤလီၤကဘျိးတဖၣ်.

န့ၣ်အိၣ်ဒီးတံဂုၢ်ကီၤလၢနကတီၤမုတမုၢ်န့ၣ်ဟါအဲကလံးကျိၣ်တခီန့ၣ်တံမၤအကျိၣ်အကျိၣ်ဖျိကျိးထံလိတဲစိအကျိၣ်လၢတလၢ်စ့ဘၣ်သ့ဝဲ **13 14 50**န့ၣ်လီၤ.ပုၤဖိၣ်လိတဲစိတဖၣ်ကကတီၤတံဒီးန့ၣ်လၢအဲကလံးကျိၣ်, အယံကတီၤဖျါထီၣ်ကျိၣ်လၢနကတီၤအိၣ်ဝဲအိၣ်ခိးအိၣ်တက့ၢ်.တံဆဲးကျိးန့ၣ်န့ၣ်ရီၢ်ဆူပုၤကျိးထံတံဖိလၢကတီၤန့ၣ်တဂၤအိၣ်န့ၣ်လီၤ. တဲဘၣ်ပုၤကျိးထံတံဖိတဂၤလၢကကိးန့ၣ်န့ၣ် **National Continence Helpline** ဝဲ **1800 33 00 66**တက့ၢ်.အိၣ်ခိးကန့ၣ်လိတဲစိတုၤတံဆဲးကျိးန့ၣ်န့ၣ်တဖၣ်ဒီး ပုၤကျိးထံတံဖိကမၤန့ၣ်လၢနကတီၤဘၣ်တံဒီးန့ၣ်စံမုၢ်လၢကဟ့ၣ်ကုၣ်န့ၣ်ဘၣ်ယးတံကီၤဆဲၣ်တံဟ့ၣ်ကုၣ်ဟ့ၣ်ဖးတဂၤန့ၣ်လီၤ. လိတဲစိတံဆဲးကျိးအပူၤတဖၣ်ခဲလၢတံဟ်အိၣ်လၢတံဆူသ့ၣ်န့ၣ်လီၤ.

ကွၢ်ဘၣ်ဝဲ bladderbowel.gov.au မုတမုၢ် continence.org.au/other-languages တက့ၢ်.

* တံဆဲးကျိးဒီးဖျိလိတဲစိစိတဖၣ်တံယုအပုၤဒ်တံဟ်ပနီၣ်အိၣ်အသိးန့ၣ်လီၤ.

