



# Toileting

Remember – Some children’s bladders can be easily stimulated and is not under their control. You need to take into account your child’s:

- **Understanding.** They need to relate to the potty/toilet being used for toilet training. They need to understand how to listen to their body.
- **Awareness** of whether they are wet or dry. Do they indicate discomfort or want to be changed when they are dirty or wet?
- **Routines.** Do they have regular times for opening their bowels? Is their nappy/training pants clean and dry for 1-2 hours with normal fluid intake?

## Preparation

- Ⓞ Help your child gain awareness of stomach muscles by resting your hands on your child’s lower tummy.
- Ⓞ Read children’s books or social stories about toileting with pictures to outline the sequence.
- Ⓞ Role play the toileting sequence with dolls, giving dolls lots of praise for trying.
- Ⓞ Play bubble blowing games to work stomach muscles in preparation for toilet training.
- Ⓞ Practice sitting in a flexed position on the toilet or potty.
- Ⓞ Posture and ability to get on and off potty/toilet safely.
- Ⓞ Before commencing training complete a daytime chart of activity over a two week period. Look at the patterns of going to the toilet and length of time spent dry, taking into consideration what your child has drunk and eaten over that period. Look at your child’s nappy every half an hour. If dry leave the square blank and if wet or dirty colour the square in.
- Ⓞ Ensure the bathroom/toilet is a place where the child feels comfortable and relaxed. Make the environment calm for the child so they can sit long enough to relax. Where appropriate give them a rewarding activity to do when sitting on the toilet/potty.
- Ⓞ Ensure the child has all they need in the bathroom, supportive seating/potty (ensure the child feels safe and comfortable sitting on this), toilet paper, wet wipes (as an alternative to toilet paper to help the child wipe themselves), non slip step, hand rail (if necessary), trainer pants and a change of clothes.
- Ⓞ Speak to nursery or school about their pattern for toileting/nappy changes and discuss working together on collating information and set up a toileting programme.



# Practice

All training should be relaxed and not involve stress on the child or carer.

- Ⓞ Toileting times should initially be: upon waking; after mealtimes; before bed and during break times.
- Ⓞ Prepare for the toilet training period, by making sure your child wears loose fitting clothing with elasticated waists.
- Ⓞ Start with the child sitting on the toilet or potty (in the bathroom/toilet where possible) in a flexed position, for five minutes at a time. Leave the tap running if this is helpful. Leave the door open so you can communicate with your child and offer reassurance about the task.
- Ⓞ Where possible, put a long mirror in the toilet so your child can see if they have adjusted their clothes properly.
- Ⓞ Using the knowledge you have on your child's expected time to go to the toilet, develop a toileting routine 10-15 minutes before this time. Use prompts and cues to initiate this routine.
- Ⓞ Offer your child a drink several minutes before starting the toilet procedure.
- Ⓞ When on the potty/toilet encourage your child to play blowing games e.g. bubbles, this will encourage the stomach pushes required for your child to use the toilet.
- Ⓞ When your child is successful or tries, offer praise, smiles and cuddles, so he/she knows you are pleased. Explain that you want your child to use the toilet/ potty in that way again.
- Ⓞ If your child is not achieving, leave it for a few weeks and try again later.
- Ⓞ Be patient as progress can be erratic and if the child feels your anxiety they are more likely to have an accident.
- Ⓞ Ensure you work on dressing and hand washing skills as part of toileting.
- Ⓞ For a boy trying to work on aiming for the pan. Put stickers on the floor where your child needs to stand. Put items in the pan to aim at such as a raisin or piece of cereal. Colour water in the pan to provide contrast.
- Ⓞ Talk through the steps with clear simple commands.
- Ⓞ Give praise throughout.
- Ⓞ Please also refer to personal hygiene advice sheet.

## Adjustments

Loose fitting elasticated clothing, to make it easier to pull up and down.

Where necessary use wet wipes instead of toilet rolls.

Toilet inserts with and without arms to provide secure seating for your child.

Non slip step for your child to put their feet on when sitting on the toilet to help them sit safely and securely.

