

Toilet Training

Information for Parents

Toilet Training

We have put this booklet together to answer some of your questions when you are thinking about beginning toilet training.

Introduction

Each child will be ready to begin toilet training at a different age.

Each family may have their own name for a bladder or bowel action and we would recommend using correct language for vagina and penis.

In this booklet we will talk about 'wee' and 'poo'. It is important to use appropriate language that is known to the child. Think about which words are used at home.

Encourage independent skills and praise small steps. All small steps achieved need to be rewarded. As far as possible, ignore the negative and reinforce the positive.

Once the child has independent toileting skills - it is important to encourage open discussion particularly regarding regular 'pooing' on the toilet, so that your child will come to you if they have a problem.

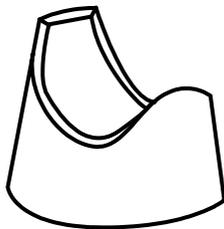
When should toilet training begin?

The timing of toilet training should not be determined by what suits the adult, but should only begin when the child is developmentally ready. There is a wide variation in the age at which this will happen.

Before toilet training can begin, the child's brain must be developed enough to interpret messages from the bladder or bowel that they need emptying. The child must be aware of the emptying sensation and of the feeling of being wet or soiled. Usually, the child will recognise the sensation of a full bowel before a full bladder.

The child should be able to sit up alone so that he/she can be seated comfortably and securely on a potty or a toilet with a toddler-sized seat. The child's feet should reach the floor, or a step placed to provide a firm surface for the child's feet. A fear of overbalancing would take a considerable time to overcome.

At the stage when the child recognises the sensation of the bowel or bladder emptying, he or she may indicate this in some way to the parent or carer.



How do you know if your child is ready developmentally?

- **Communication**

Can they understand simple commands such as 'Go and get the teddy'?

Look for an awareness from the child that they are ready to wee or poo. They may go behind the sofa or in a quiet corner; they may wriggle or pull a face when straining; they may pull at their nappy when weeing; the child may say they want their nappy off.

- **Clothing**

Can your child pull down their clothing independently?

At this stage it is important that they wear loose fitting clothes, such as leggings or tracksuit bottoms.

Teaching skills to your child

Success is likely if the 'training' is relaxed and unhurried. We need to consider the most natural and appropriate way for your child from the beginning.

It is important to have a consistent and persistent approach to toilet training.

The length of time to toilet train children varies with each individual.

Once decided - stick at it and don't go back to nappies or trainer pants - this may confuse your child.



Bowels/Pooing

You will need a step, a seat and soft toilet paper and/or wet wipes which are flushable.

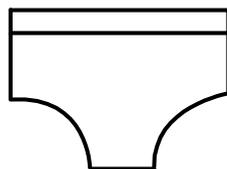
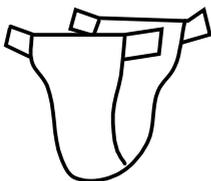
Can you identify a regular time each day that your child is more likely to have a poo. Ideally, this will be the time to try your child on the toilet or potty as this will begin to establish a regular poo habit. If you are unsure about this, you could begin by sitting your child on the toilet or potty for five minutes, twenty to thirty minutes after each meal.

Ideally, it is better to start your child off on the toilet with a child sized seat and a step placed so that the child can sit with their feet on a firm surface. This will also support your child to be independent.

If your child is mobile at this stage you do not need to lay them down to be cleaned. It is better to ask your child to attempt to wipe their own bottom and get you to check afterwards that it is clean while they are bending over.

If your child has pooped in their pants, take them to the bathroom to be cleaned. When you take their pants off - tip the poo down the toilet and tell your child (if they understand) that poo goes down the toilet.

Teach the routine of hand washing and use pictures to support this if necessary.





Bladder/weeing

The age at which a child is 'ready' varies and is dependent on their general development and not their age.

During this time, share books about toilets or potties - see the booklist at the back of this leaflet.

It is important to stick with the decision to come out of nappies and for all adults involved to work together - home and pre-school/school setting.

Say to your child approximately every hour 'Do you want a wee' or show a picture or photo of a child on the toilet.

- If they are dry after the first hour and say 'No' – ask them again after another half an hour until they are wet or have used the toilet.
- If your child is continually wet with no awareness of being wet – it may be better to wait a few months before trying again.

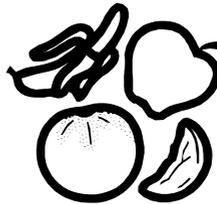
Because today's nappies do not allow the child to feel wet, cotton pants worn under their nappy or pull-ups will help to develop the child's awareness of being wet.

Children may need a night time nappy for a few months after they are dry in the day.

Be prepared for accidents when children are toilet training. It is helpful to have changes of easy to manage clothes, wipes and plastic bags.

Diet

It is important for regular pooing to encourage five portions of fruit and vegetables each day and to have regular drinks throughout the day. The recommended amount for children to drink is 150ml, eight times a day

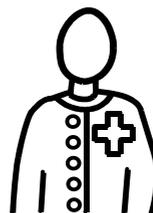


When should I seek further help?

- If you think your child may have a urine infection. The urine may become smelly and your child may complain of it hurting when they wee.
- If you notice any significant changes to their regular bowel pattern.
- If you are concerned or need further help or advice.

Who can I talk to?

You can talk to your Doctor, Health Visitor or School Nurse.



Notes

Notes

Resources

ERIC (Education and Resources for Improving Childhood Continence)

34 Old School House
Britannia Road
Kingswood, Bristol
BS15 8DB

Webshop Telephone:
0117 3012101

Webshop Email:
sales@ericshop.org.uk

ERIC Websites:

www.eric.org.uk
www.trusteric.org
www.ericshop.org.uk

Storybooks

Potty Time- Guido van Genechten Cat's Whiskers
ISBN:1-90301-211-2

I want my Potty- Tony Ross Andersen Press
ISBN: 0-86264-137-3

Pants - Giles Andreae and N.Sharratt Picture Corgi
ISBN:0-552-54833-2

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**We can give you this information in any other way,
style or language that will help you access it.**

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