

Talk about going to the toilet



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This book has been produced to help parents start toilet training their child.

Modern disposable nappies contain 'super-absorbency' which 'locks away' urine within the nappy so the child never feels wet.

Feeling wet after doing a wee is part of learning to become toilet trained. If the child never feels wet it takes longer for them to understand why going to the toilet for a wee or poo is important. You can help your child understand about wees and poos by doing one of the following:

- putting them in cotton pants with a disposable nappy on top
- Using cloth nappies
- Using a disposable liner (such a non disintegrating kitchen paper towel in the nappy)



When I need to **wee** or **poo** I go to the
toilet

Teaching your child to get dressed is part of helping independence.

Encourage your child to help you in getting them dressed and undressed.

If your child sees an occupational therapist and has problems with getting dressed or undressed then ask for advice.



I go to the **toilet** and pull my pants **down**

Some children feel frightened when they sit on the toilet particularly if their balance is not very good. They may feel that they will fall in. A children's toilet seat may help. If your child finds this difficult and you feel they would need extra help and support to sit on the toilet then ask your Occupational Therapist. There are special toilet aids and adaptations that may help your child.

Make sure there is a step or stool for the child to put their feet on.



I can sit on the toilet

Positive reinforcement is a way of encouraging your child to learn new skills. This involves praising and rewarding your child for actions you want them to do, such as using the toilet, and not making a fuss if they do things you don't want them to do - such as wetting their pants.

Your child can be helped to learn by praise given in the right way. Reward and praise your child for actions you want them to do. Ignore or accept any actions or accidents that you do not want



"Hoorah I have done a **poo!** That was **easy!**"

Do encourage your child to get involved with wiping their own bottom early on. Let them have a go first, and you can check and suggest ways they might do it better.

Little girls should always be taught to wipe front to back.

Patterned or coloured paper may help a reluctant child particularly if they have helped to choose which colour to buy.

'Wet wipes' may make it easier for some children.



I wipe my bottom

During the toilet training process try and dress your child in clothing that is easy to pull up and down. Avoid zips, buttons and straps if possible as it can make it more difficult for you and your child to get clothes down quickly!



I pull my pants up

Some children are frightened by the flushing sound of the toilet so never flush the toilet whilst your child is sitting on it.

However other children are fascinated by the sound. They like to see the water flushing away and will want to keep flushing all the time. These children can be allowed to flush only as a reward for using the toilet successfully.

A few drops of food colouring in the cistern will change the colour of the water.

Changing the colour at each flush may encourage a reluctant child to flush the toilet. You could make it into a game with a prize for a correct guess at what the next colour will be!



I flush the toilet!

Learning to wash and dry their hands is another skill the child has to learn as a step towards becoming independent.

They can also learn other things like brushing teeth and combing hair.



I wash my hands

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Further information

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PromoCon, working under the umbrella of Disabled Living provides impartial advice and information regarding products and services for children and adults with bladder and/or bowel problems.

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This book can be used whole as a story. It can also be used as an activity book:

- colouring book
- pictures cut out and used as a 'storyboard'
- pictures put in the bathroom wall as a frieze.

It is suggested that this story is introduced in the child's second year. Further advice and support can be obtained from your local health visitor.

Illustrations

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