

Toilet training



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When should I start toilet training my child?



Becoming toilet trained is a milestone that all parents hope to reach with their child.

Delaying until the child is showing signs of readiness is not necessary and may be unhelpful.

What may delay training?

Assumptions – “Your child has disabilities, they will never be toilet trained”

Parental capacity – Multiples, busy household, poor housing.



Constipation

Learning needs – Delayed understanding, lack of communication skills

Resistance to change - sensory issues

Convenience – “it’s easier to keep my child in nappies”



Continuity



It is important that we are all singing from the same song sheet, that school and home are giving the same messages to the child, and using the same plan.





Keep calm and carry on

Stay calm when attempting to toilet train your child, children will pick up on your stress signals.

Avoid conflict, if your child refuses to engage or do as you have asked, move on and revisit later.

Do not compare your child to their siblings or peers, each child is different and it is important to progress at their pace.





Parent toileting questionnaire bladder and bowel diary

Parents are asked to complete a toileting questionnaire and diary before first appointment.

This provides useful information regarding the activities your child is able to do,

and to see if they have any emerging toileting skills



Drinks

If you have a child who is very selective with what they will and won't drink,



something is better than nothing, however, the following drinks are best avoided



Try to have regular meal times, and encourage plenty of vegetables and fruit. Aim for high fibre breakfast, ie oats or Weetabix.



NICE guidelines for fluid intake

Age	Sex	Total drinks per day
4–8 years	Female	1000–1400 ml
	Male	1000–1400 ml
9–13 years	Female	1200–2100 ml
	Male	1400–2300 ml
14–18 years	Female	1400–2500 ml
	Male	2100–3200 ml

Constipation



Signs and symptoms of Constipation



Tummy ache

Pain and straining, your child may say it hurts to poo.



Withholding (straining to hold a poo in).
This might look the same as straining to
get a poo out.

Small poos, dry and/or hard poos, or
poos of different consistencies.








Dribbling of urine (wee), or wetting
Poo's in the pants

Leaking of liquid or loose poos, or passing sticky
or hard poos into their pants

Bristol stool chart

THE BRISTOL STOOL FORM SCALE (for children)

Choose your Poo!

type 1		looks like: rabbit droppings Separate hard lumps, like nuts (hard to pass)
type 2		looks like: bunch of grapes Sausage-shaped but lumpy
type 3		looks like: corn on the cob Like a sausage, but with cracks on the surface
type 4		looks like: sausage Like a sausage or snake, smooth and soft
type 5		looks like: chicken nuggets Soft blobs with clear-cut edges (passed easily)
type 6		looks like: porridge Soft blobs with clear-cut edges (passed easily)
type 7		looks like: gravy Watery, no solid pieces ENTIRELY LIQUID

How often should my child poo?

Three times per day –
three times per week is
considered normal

Treatment for constipation



Stool softeners:



Movicol, lactulose

Stimulants or 'pushers'



Senna, Sodium Picosulphate

Equipment

Foot stools



Supports for
correct seated
position



Toilet seats



Distractions



Bag should ideally be kept in toilet or bathroom space

Items can be switched around ensuring the child doesn't get bored.



Toilet time

Ready

Steady

Go



Change all pads in the toilet/bathroom area with the child standing.

Show child where the poo goes.

Encourage boys to sit to use the toilet.

Practice RTV every 1 – 1 1/2 hours

Give plenty of praise for any progress, however small.

Rewards.

Poo issues

Smearing

<https://www.bbuk.org.uk/wp-content/uploads/2020/12/Understanding-Why-Some-Children-Smear-Poo.pdf>

Children who will only poo in their nappy

<https://www.bbuk.org.uk/wp-content/uploads/2020/12/Understanding-Toilet-Refusal-The-Child-That-Will-Only-Poo-in-a-Nappy-1.pdf>

The Poo in you

https://www.youtube.com/watch?v=SgBj7Mc_4sc

And finally

Elimination communication

There is a recognised toilet-training technique called 'Assisted infant toilet training' (also known as 'elimination communication')

It relies on a very close physical relationship of mother and baby where the mother picks up physical cues that the child is about to wee or poo and she pre-emptively holds them over a container and usually makes a sound during the elimination (for example a 'sssss' sound with weeing). The baby learns to associate this sound with eliminatory behaviour. This starts in the first six months of life.

Paediatric Consultant - Anne Wright

<https://www.eric.org.uk/blog/can-you-potty-train-from-birth>

Useful websites

ERIC

https://www.eric.org.uk/Pages/Category/bedwetting?gclid=EA1aIQobChMI7dS7gMC79QIVG-vtCh2msgpvEAAYASAAEgLKrPD_BwE

Bladder and Bowel UK

<https://www.bbuk.org.uk/>

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Thank you for watching

