

## Toileting

Includes  
Toilet Training  
Constipation  
Bottom Wiping

### INTRODUCTION

Toileting is a normal developmental skill that all children learn. Toilet training requires child and parent participation.

#### The Child's Perspective

You are asking your child to change their behaviour and routines.

There are many different approaches to toilet training.

Nappies nowadays are very absorbent and the child remains comfortable after wetting it. They need to experience a bit of discomfort to be motivated to progress. Try pants under the nappy so they feel wet.

#### Toilet Training

- Have a relaxed approach, don't let it become a battleground
- Don't embark on toilet training if there are other major stresses going on.

#### Signs of Readiness

- Dry nappies for over an hour indicates some bladder control
- Child hides when doing a poo
- Child can follow simple instructions or copy actions

### SUGGESTIONS

- Record daily toileting patterns
- Choose whether to use a potty or put a family toilet seat and foot stool at the toilet
- Choose suitable loose clothing without fiddly fastenings
- Prepare the environment - sequence strip, rewards, toys, to entertain while sitting on the toilet
- Liaise with nursery/school so they can use the same approach
  
- Encourage child to sit for 5-10minutes
- If child is wet/soiled take them to the bathroom and finish the sequence i.e. wipe, flush, pull up clothes, wash hands

#### Sensory

May need the security of feeling the nappy when learning to sit on the toilet.

Be aware of smells, noises, light, temperature in the bathroom

Set small goals for each step in toilet training

#### Constipation / Leakage

Constipation is a common problem in childhood. It occurs when your child does not pass a bowel movement often enough. When they do a poo it can hurt because the stools become hard and dry.

Some children appear to be doing a poo everyday, but they are not emptying their bowel properly and are only passing small amounts of stool.

Large stools get stuck and block the child's bowel. Liquid stools above the blockage

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flow around it and the child may leak watery stools into their underwear.

Causes can include:

Not enough liquid, high fibre foods or exercise

Children holding onto stools; for fear of pain, a different toilet or disrupted routine.

### Things to try

- Increase fibre (wholefood, dried fruit, vegetables)
- Increase liquid
- Push on tummy to help open bowel and get the poo out. Rubbing tummy in clockwise circles can also help.
- Laughing and blowing bubbles help to relax muscles

### Bottom Wiping

Games to improve awareness and coordination

- Post-it notes or stickers on lower back, thighs and bottom. Child reaches around their back and through their legs to pull them off.
- Place varying sizes of objects in back pockets of trousers and ask child to retrieve them i.e. paperclips, buttons, coins

### Prompts / Reminders

- Sequence chart using symbols as prompts
- Model the task so child can copy each step

### Wiping

- Practice wiping other surfaces i.e. windows, mirrors, tables. Encourage child to keep wiping until all the polish/solution is gone.
- Wipe chalk, polish from under the table, chairs out of sight
- Try the WipeClean Game

### Paper

- Practice getting the right amount of paper i.e. 5 sheets or until it reaches the floor
- Practice folding it to required size, sequence
  1. Reach around back to bottom
  2. Wipe once in forward to back motion
  3. Check if paper clean
  4. Drop paper into toilet
  5. Repeat until paper is clean after wipingWet wipes may be easier than toilet roll

### [Links / Useful Websites](#)

#### **Victorian Continence Resource Centre 2010**

##### **The WipeClean Game**

Helen Gilbert, Jenni Griffin, Pip Hughes  
Education Queensland 2002  
[Web.nhs.net/WebReadyViewBody.aspx](http://Web.nhs.net/WebReadyViewBody.aspx)

##### **Talk about Constipation**

Leaflet written for children free from  
**0800 269865**

##### **Books**

**'The Potty Journey'** by Judith A Coucouvanis

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**File Path:**Child Health AHP/OT/Tayside/Pre-Ref.Workstream/Pre-Ref.Advice Sheets