

Toilet Training

Presented by:

Laura Ward

Early Years Quality Support Specialist for
Pre-School

Kathleen Nugent

Early Years Quality Support Specialist for
Birth to Three

NCN: 047 72469



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth



Toilet Training or Toilet Learning



Aims of this session is to support you:

- Understanding the concept of readiness in toilet learning
- Getting prepared for the process
- To be aware of the process and how you can encourage success
- Understand the concepts behind refusal, regression and bedwetting
- When to seek advice



Signs of readiness

- Can stay dry for 2 hours
- Ask to use the potty
- Have regular poos
- Ask to wear underwear
- Follow simple instructions, for example, 'do you need to go?'
- Can let you know when they need to go **OR** when they have had an accident
- Can pull their pants/clothing up and down
- Are physically able to sit on a potty themselves and stand up when they've finished
- Seems uncomfortable in wet or soiled pull ups/nappies and has asked to be changed



Your child is unique

Don't listen to well meaning observations from others about:

- Boy/girl/differences
- In my day.....
- You should start because of the cost of nappies
- Comparing siblings/cousins/friends
- Be confident in knowing your child

"Tune into me"



You Do You

Typical Bladder and Bowel Development

- Most children urinate between 4-7 times per day

Bladder sensations

- 31% after 2 yrs
- 79% after 3 yrs
- 100% after 4 yrs

- Bowels should be opened no more than 3 times per day and no less than 3 times per week



Child Development

Muscle Control

Desire

Communication

Children with additional needs:

- Social development may be behind physical development.
- Toilet learning is often delayed in the belief that the child is not 'ready'.
- Becoming competent and confident in using the toilet is a developmental skill – look for a general trend towards independence.
- If child is unable to sit unsupported specialist advice may be needed from an occupational therapist.

When to start toilet training

Most children develop the necessary physical and psychomotor skills by 18-24 months old.

Some children will be 3-4 years old before they are ready.



How long will it take?

- 38% over a month
- 26% in less than 1 month
 - 17% in a week
 - 19% in a few days

Getting ready to start the journey

Cue words and terminology



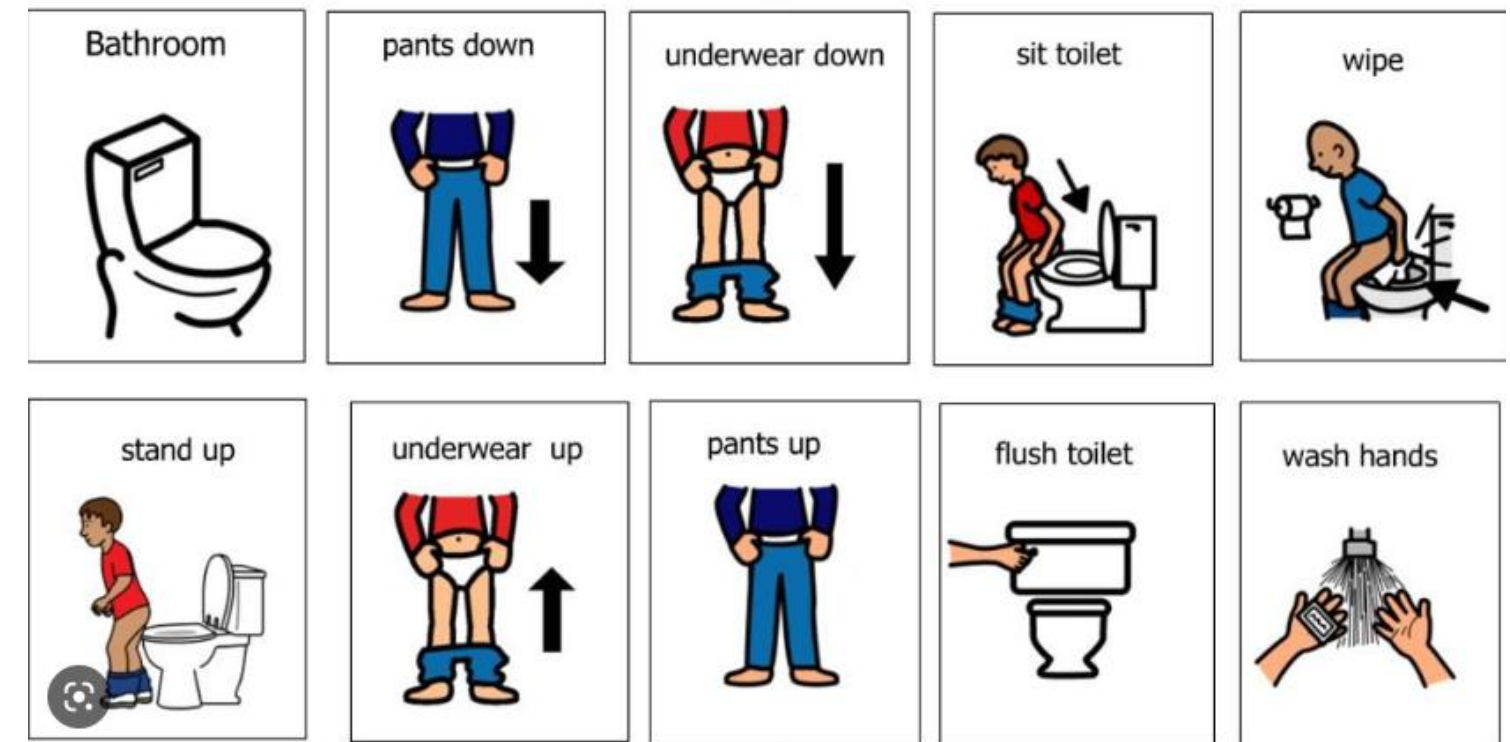
Introduce the idea



Getting familiar with the process



Top Tips



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 cob Like a sausage but with cracks on its 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 Fluffy pieces with ragged edges, a mushy stool |
| type 7 |  | looks like: gravy Watery, no solid pieces ENTIRELY LIQUID |

Concept by Professor DCA Candy and Emma Dewey,
based on the Bristol Stool Form Scale produced
by Dr KW Heaton, Reader in Medicine at the
University of Bristol.
©2005 Produced by Norgine Pharmaceuticals
Limited, manufacturer of Movicol® Paediatric Plain

MOVICOL® Paediatric
macrogol 3350, sodium bicarbonate, sodium chloride, potassium chloride **Plain**

Stool consistency should be type 3 or 4 using Bristol Stool Chart



“Nah!” said Bartholomew.

Accidents!

- Accidents are a part of learning – we learn from our mistakes
- If the child has an accident, complete the clean up with a minimum of fuss or conversation and stay calm
- Involve the child in an stage appropriate part of the process
- Regression is common



Rewards & Praise



Rewards: need to be meaningful and appropriate

Praise: important at all stages of the process e.g., beginning to learn, more established and confident

Responding to toilet accidents

“You are doing great! You must feel very proud”

“Next time you feel you need to go, let me know”

“Oops, your pants are wet.. I'd say that doesn't feel too nice, let's go get them changed”

“That's ok, it's part of learning”



The Truth About Potty Training (6 Mistakes You Need to Avoid)

<https://www.youtube.com/watch?v=h5fYNn33dTU>

Night-time toilet training

- Child waking up dry for 3 to 4 weeks
 - Limiting drinks before
- Going to the toilet during the night
- Lifting a child out of bed to go to the toilet



Toilet training takes time. It's very important for you to be as patient and encouraging as possible. Praise their effort and not the result.

Remember: *If you need any extra support or are worried about bed wetting in your child, talk to your PHN/GP*

Bed wetting

- Accidents
- When will bed wetting stop?



Useful Resources

When to start toilet training your child

<https://www2.hse.ie/babies-children/parenting-advice/caring-for-a-child/when-to-start-toilet-training/>

One Step at a Time - A parent's guide to toilet skills for children with special needs

<https://www.continence.org.au/resource/one-step-time-parents-guide-toilet-skills-children-special-needs?v=13468>

Bristol Stool Chart

<https://pediatricsurgery.stanford.edu/Conditions/BowelManagement/bristol-stool-form-scale.html>

Information on encopresis

[https://www.mayoclinic.org/diseases-conditions/encopresis/symptoms-causes/syc-20354494#:~:text=Encopresis%20\(en%2Dko%2DPREE,the%20retained%20stool%2C%20staining%20underwear.](https://www.mayoclinic.org/diseases-conditions/encopresis/symptoms-causes/syc-20354494#:~:text=Encopresis%20(en%2Dko%2DPREE,the%20retained%20stool%2C%20staining%20underwear.)

Night time wetting

<https://www.hse.ie/eng/services/list/2/primarycare/community-funded-schemes/continence/healthcare-professionals/leaflet-bedwetting-in-children.pdf>

The Truth About Potty Training (6 Mistakes You Need to Avoid)

<https://www.youtube.com/watch?v=h5fYNn33dTU>

Support website for Parenting

www.RollerCoaster.ie www.ncn.ie



<https://www.surveymonkey.com/r/2M9MFWX>