

Easy English Guide to Toilet Training for Girls



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How to use this book

This booklet is about how to teach your child to use the toilet.
Learning to use the toilet is called **toilet training**.

Toilet training is something many parents find difficult. It can take a long time for your child to learn everything about using the toilet. Take your time. Do not rush. You will feel better about teaching your child.

You can get help with toilet training. Ask your **support worker** about toilet training. **Support workers** are people who help you with your child's health. For example

- Maternal and Child Health Nurse
- Occupational Therapist
- Physiotherapist
- Psychologist
- Continence Nurse
- Early Intervention Team

Use this booklet with help from your support worker.

About toilet training

Learning to use the toilet is called **toilet training**. Toilet training is important for everyone.

Most children with special needs can learn to use the toilet. It may take them longer.

A good way to teach toilet training is to break the steps down. This booklet gives you 4 steps to follow.

When should you start?

Start toilet training when your child is 2 years old.

Signs your child may be ready to start toilet training are

- Your child wants to watch you in the toilet
- Your child's nappy stays dry for 2 hours
- Your child does not want to wear a nappy
- Your child takes her nappy off when she has done wee or poo
- Your child tells you she is doing wee or poo

Talk to your **support worker to help you decide if it is the right time to start toilet training.**

Checklist for using the toilet

Here is a list of the main steps for using the toilet.

Can your child do any of these steps?

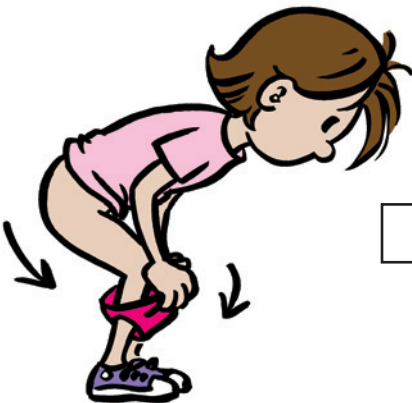
Tick ✓ the steps your child can do.

This will help you know what your child can do.

Then start with the step your child cannot do. For example pull her pants up and down.



☐ Knowing she needs to go



☐ Pull pants down



☐ Sit on toilet



☐ Wee in toilet



☐ Poo in toilet



☐ Wipe bottom



☐ Pull pants up



☐ Flush toilet



☐ Wash hands

Knowing she needs to go is the last step your child will learn.

Use these pictures when you are teaching your child to use the toilet.

You can get more copies of these pictures from your support worker or at www.continencevictoria.org.au



Step 1 Getting ready

In this step you will be teaching your daughter how to sit on the toilet.

- Let your child watch you in the toilet
- Explain what you are doing

You may need a **special toilet seat** and a foot stool. This equipment helps your child to sit on the toilet safely.



Toilet insertion seats, potty chairs or toilet frames are different types of **special toilet seats**.

Ask your support worker how to get the right seat for your child.

Use the seat each time your child sits on the toilet.

At nappy change time

- Take her nappy off and sit her on the toilet
- At first she may only sit for a few seconds
- Give your child a toy to help her sit longer on the toilet
- Keep this toy only for the toilet
- You want your child to sit happily on the toilet for 2 minutes





Step 2 Before you put your child into underpants

This step is about the things you need to do just before you take your child out of nappies.

Pick the day you will start toilet training.

Your child should be able to sit on the toilet for 2 minutes. She needs to sit 3 or 4 times during the day

Tell your child what is going to happen

- Wee and poo are now to be done in the toilet
- No nappies during the day
- Nappy is only for night time just before bed

Be prepared for accidents with wee and poo

Your child will wet or poo her pants when she first starts toilet training.

Be prepared for accidents with wee and poo

- Have 6 pairs of clean underpants each day
- Have clean clothes in the bathroom
- Have wipes in the bathroom
- Always do the same routine

Here is what to do when your child wets or poos her pants

- Do not make a fuss
- Take your child to the bathroom
- Remove wet clothes
- Clean her bottom
- Put on clean clothes
- Take your child back to what she was doing



Step 3 Teaching your child to use the toilet for wee and poo



This step you will be teaching your daughter how to use the toilet.

Take the nappy off.

Dress your child in clothes that are easy to pull up and down.

Track suits, pull up pants and shorts with stretchy waists are good.

Take your child to the toilet every 2 hours.

Say to your child 'Toilet time'.

Remind her of each step

- Pants down
- Sit on toilet
- Wee/poo in toilet
- Wipe
- Pull up pants
- Flush toilet
- Wash hands

Let her sit for up to 2 minutes but no longer.





Use the pictures on page 20 to remind your child of what to do. You may want to put the pictures next to the toilet.

For the first 2–3 days stay at home to get the routine in place.

Keep to the routine until your child is doing wee in the toilet.

Using toilets when you are out



Do not stop going out because of your toilet training routine

It is important for your child to use lots of different toilets

- Take your child's special toilet seat out with you
- Use the parent room toilets or the disabled toilets when you can
- Sometimes public toilets are dirty. Take some wet wipes so you can clean the seat first

Talk to your support worker after 4 weeks of doing this step.

Step 4 Teaching your child to wipe her bottom

In this step you will be teaching your daughter how to wipe her bottom.

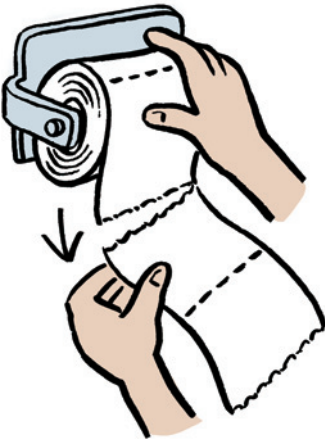
Make sure your child can get the toilet paper.

Place your hand over hers to help her at first. Keep helping her until she gets the hang of it.

Use these prompts.



☐ Pull down the paper



☐ Tear off the paper



☐ Roll paper into hand



☐ Reach to bottom



☐ Wipe from front to back



☐ Check if paper is clean



☐ Drop paper into toilet



☐ Keep wiping with fresh paper until it is clean



☐ Flush toilet



☐ Wash hands

Use the pictures on page 21 to remind your child of what to do.
You may want to put the pictures next to the toilet.

Where you can get help with toilet training

Talk to your support worker. Your support worker can

- support you
- tell you about other services

The National Continence Helpline 1800 33 00 66 can give you some general advice on toilet training.

More information about toilet training

One step at a time: a parent's guide to toilet skill development for children with special needs

This booklet has more ideas and information about toilet training. You can get a copy from the Victorian Continence Resource Centre

phone 03 9816 8266

website www.continencevictoria.org.au

Tom's toileting triumph is a DVD about toilet training. It is a cartoon about learning to use the toilet. You can buy a copy from

website www.shop.services.sa.gov.au

Word list

Toilet training is learning to use the toilet.

Support worker is the health worker who helps with your child's health.
A support worker may be

- Maternal and Child Health Nurse
- Occupational Therapist
- Physiotherapist
- Speech Therapist
- Psychologist
- Continence Nurse

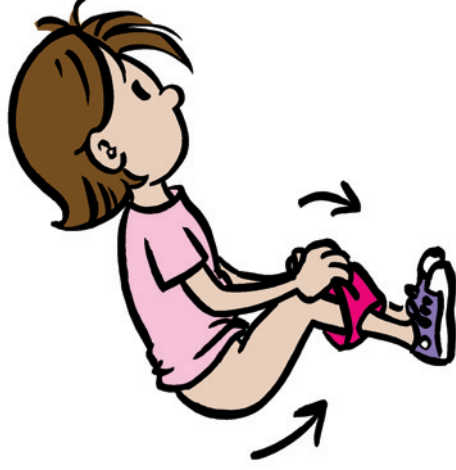
Special Toilet Seat helps your child sit on the toilet. Toilet insertion seats, potty chairs or toilet frames are all kinds of special toilet seats.

Knowing she
needs to go



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Pants down



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Sit down



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Wee in toilet



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Poo in toilet



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Pull pants up



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Check paper



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Flush toilet



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Get toilet paper



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Tear paper off



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Wipe bottom
front to back



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Check paper



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No poo



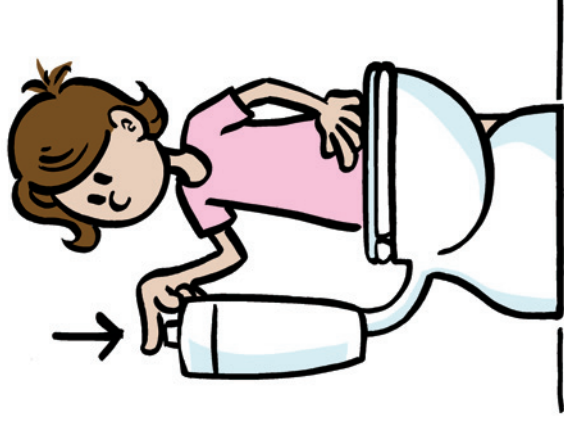
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Put paper
in toilet



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Flush toilet



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Wash hands



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