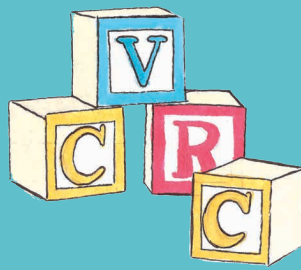




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Easy Guide to Toilet Training



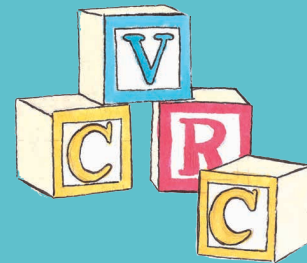
Victorian Continence Resource Centre

For more information visit

www.continencevictoria.org.au/resources/children



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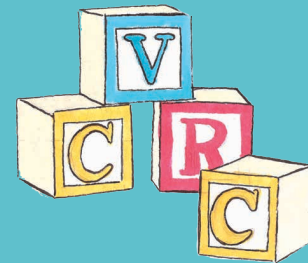
Web continencevictoria.org.au

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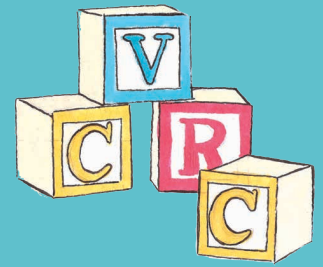
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How to use this book

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.

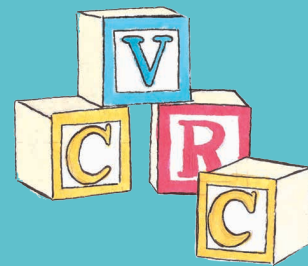
You can get help with toilet training. Ask your **support worker** about toilet training. **Support workers** are people who help you with your child's health. For example

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

Use this booklet with help from your support worker.



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About 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.

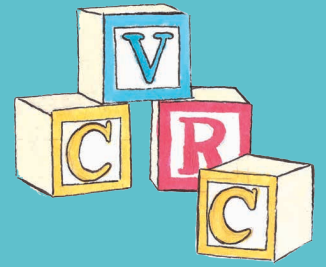
When should you start?

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 their nappy off when they have done wee or poo
- Your child tells you they are 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 a step your child cannot do. For example pull their pants up and down.



Knowing they need to go



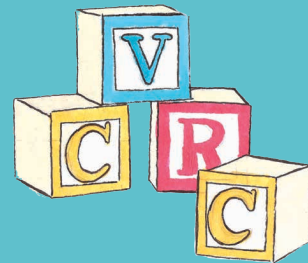
Pull pants down



Sit on toilet



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Wee in toilet



Poo in toilet



Wipe bottom



Pull pants up



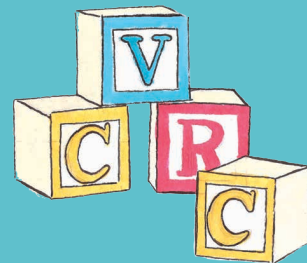
Flush toilet



Wash hands

Knowing they need to go is the last step your child will learn.

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



Step 1 Getting ready

In this step you will be teaching your child 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**.

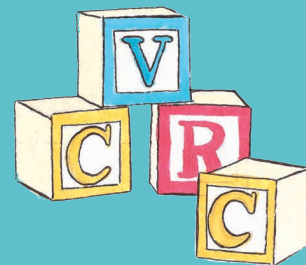
Ask your support worker how to get the right seat for your child.

Use the seat and footstool at home each time your child sits on the toilet.



At nappy change time

- Take their nappy off and sit them on the toilet
- At first they may only sit for a few seconds
- Give your child a toy to help him 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.

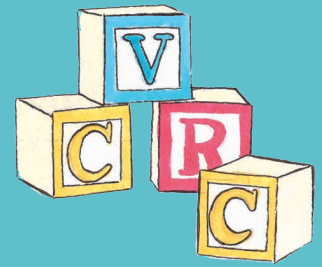
Your child should be able to sit on the toilet for 2 minutes. They need to sit 3 or 4 times during the day

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 their pants when they first starts toilet training.



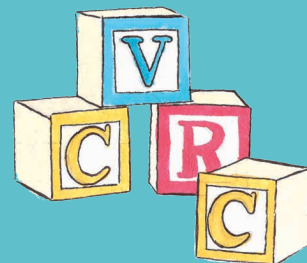
Be prepared for accidents with wee and poo

- 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 his pants

- Do not make a fuss
- Take your child to the bathroom
- Remove wet clothes
- Clean their bottom
- Put on clean clothes
- Take your child back to what they were doing



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

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

Take the nappy off.

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

Pull up pants, shorts or skirts with stretchy waists are good.

Take your child to the toilet every 2 hours.

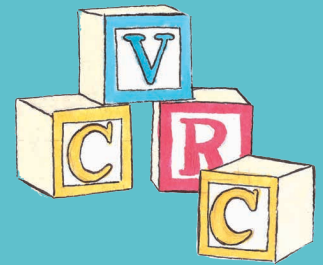
Say to your child 'Toilet time'.

Remind them of each step

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

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





For the first 2–3 days stay 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

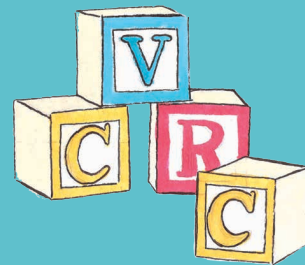
Do not stop going out because of your toilet training routine

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 their bottom

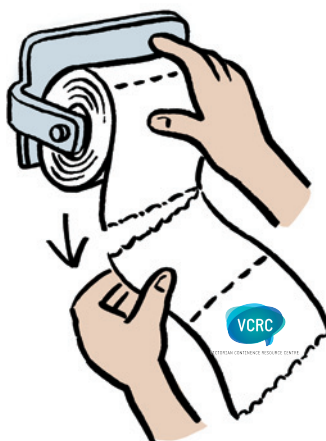
In this step you will be teaching your child how to wipe their bottom. Make sure your child can get the toilet paper.

Place your hand over theirs to at first. Keep helping them until they get the hang of it.

Use these prompts.



Tear off the paper



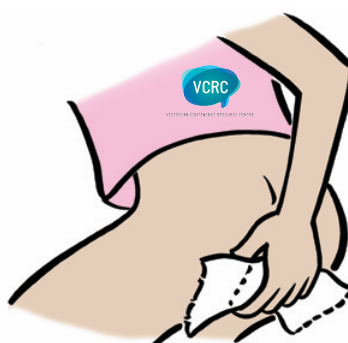
Roll paper into hand



Pull down the paper



Reach to bottom



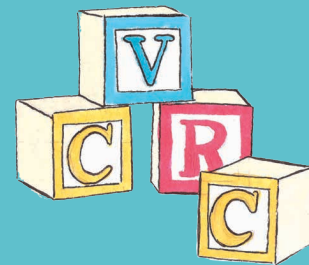
Wipe from front to back



Check if paper is clean



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Drop paper into toilet



Keep wiping with fresh paper until it is clean



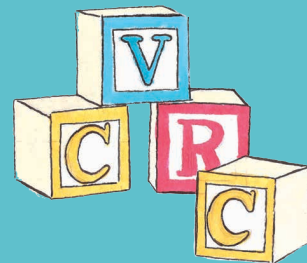
Flush toilet



Wash hands



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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

Experienced Continence Clinicians at the Victorian Continence Resource Centre run regular **Toilet Training sessions** for parent groups in Metro Melbourne and beyond by special arrangement.

We can also help you plan a specifically tailored management program to suit your child at our **Bladder & Bowel Clinic**.

This booklet has been adapted from our **One Step At A Time: A Parent's guide to toilet skill development for children with additional needs**.

You can download the full resource and more from the Victorian Continence Resource Centre website today.

www.continencevictoria.org.au/resources/children



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