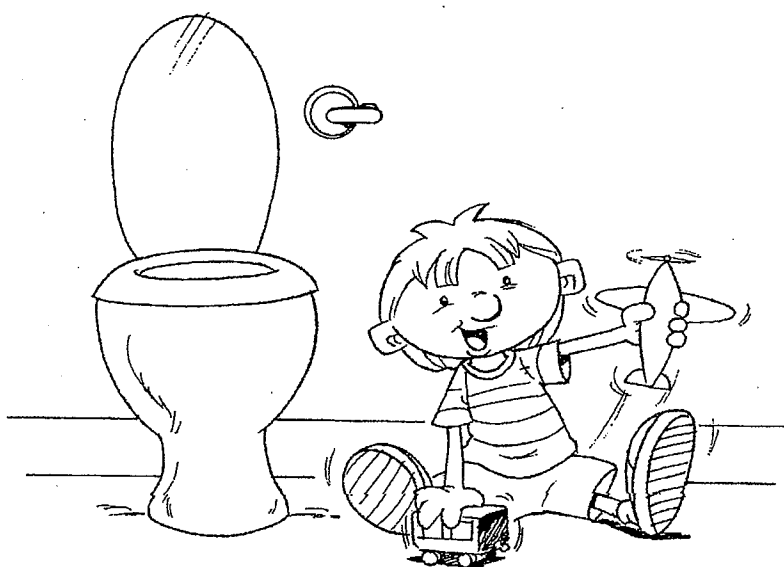


Talk about going to the toilet



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This book has been written to help parents, teachers, and health care providers teach toilet training to children with special needs.

The left side of the book has tips for caregivers and the right side of the book has children's pages for teaching. (The words Pee for urine and Poop for bowel movement are used in the children's pages of this book. If your family uses different words use them instead.)

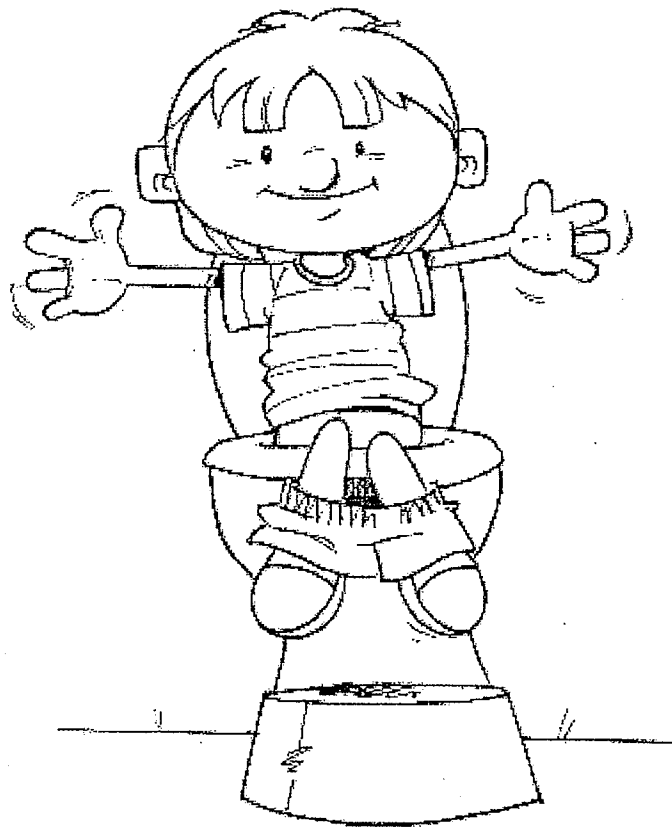
Before getting started it will help if your child can feel when he is wet and dry.

Disposable diapers are very absorbent and keep urine away from the skin. Children who wear disposable diapers may not feel wet.

Feeling wet after "peeing" helps children learn when to use the toilet. They will learn that they can stay dry if they use the toilet.

Ideas to try to help children feel wet:

- Use cotton pants with a diaper on top
- Use cloth diapers
- Place a liner made from an strong paper towel inside the diaper



When I need to "pee" or "poop" I sit on the toilet.

Getting dressed and undressed are important skills for your child to learn. Independent toileting requires dressing skills.

Ask your child to help putting his clothes on and taking his clothes off.

Choose clothes that are easy to pull up and down. Avoid buttons, zippers and belts for now. While your child is learning to use the toilet he will need to get things on and off quickly.



"I go to the toilet and pull my pants down"

Some children feel frightened when they sit on the toilet particularly if their balance is not very good or they feel they will 'fall in'. A children's toilet seat may help. If your child has 'special needs' and feel they would need extra support to sit on the toilet then ask your OT about special aids and adaptations that may that may help your child.

Make sure there is a step or stool for the child to put their feet on.

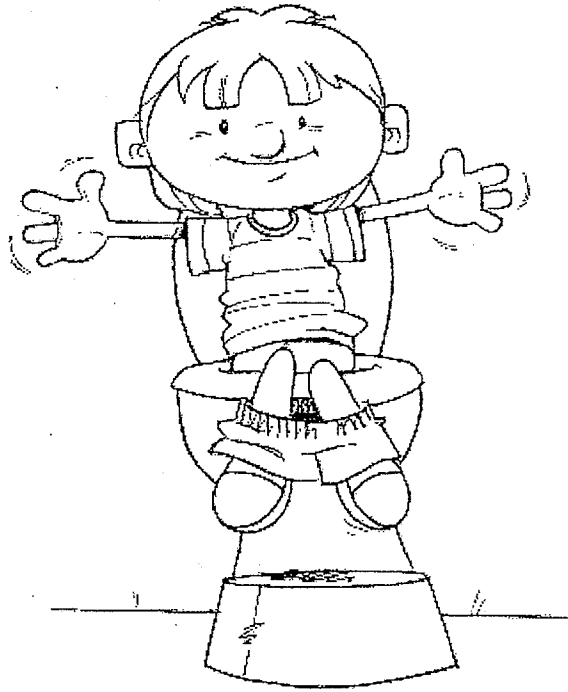


" I can sit on the toilet"

One way to help your child learn to use the toilet is to offer praise for toileting skills including dressing and undressing, toilet sitting, "peeing and pooping" in the toilet, wiping, and hand washing.

Offer a lot of praise when they do what you ask. Some families develop fun responses like singing a special song, giving a special cheer or doing a little dance to celebrate toileting successes. A sticker chart can be a good way to reward success for some children.

Try not to show any disappointment or frustration you may feel if your child "pees" or "poops" in her pants. Even after children have some successes there will still be accidents. Keep rewarding and praising the successes. Try to accept and ignore the accidents.



"Wow, I pooped in the toilet! That was easy!"

Cleaning up is an important part of toilet learning. Tell your child that he can clean his own bottom. Let him wipe first and tell him you will check to see if it is clean. If it needs more wiping encourage him to try to get a little cleaner. If he has trouble at first tell him you will finish wiping to make sure his bottom doesn't get sore

Teach girls to wipe from front to back.

Special toilet paper and wet wipes can help children with clean up and might encourage reluctant children to try wiping. Look in the diaper section of the grocery store for child friendly supplies. These may be a bit more expensive. When your child masters clean up you will probably want to change back to regular supplies before these special items become a habit.



"I wipe my bottom"

During the toilet training process try and dress your child in clothing that is easy to pull and down. Avoid zips, buttons and straps if possible.



"I pull my pants up"

Flushing the toilet can be scary for some children and a distraction for others.

Some children may be afraid of being flushed away or have fears about where their poop goes. Avoid flushing the toilet while your child is sitting on it.

Some children are afraid of all bathroom sounds such as flushing and fan noises.

- Try adding food coloring to the bowl to encourage a fearful child to flush.
- Turn off the fan if your child is afraid of loud sounds.
- Pull the seat cover down to soften the flushing noise.
- Let your child stand in the doorway while you flush. Try to get him to move closer the next time. Offer a sticker every time he gets a little closer.



"I flush the toilet!"

Hand washing is another skill your child needs to learn to become independent in toileting.



"I wash my hands"

This book can be used as a social story to prepare for toilet learning.

It can also be used to remind children of the steps.

Posting the pictures in order in the bathroom might help some children remember the steps.

It can also be used as a coloring book.

Titles of other booklets in this series:

Talk about getting ready for toilet training

Talk about Constipation

Talk about Day time wetting

Talk about Bedwetting

Illustrations - Les Eaves

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PromoCon, working under the umbrella of Disabled Living provides impartial advice and information regarding products and services for children and adults with bladder and/or bowel problems

Notes