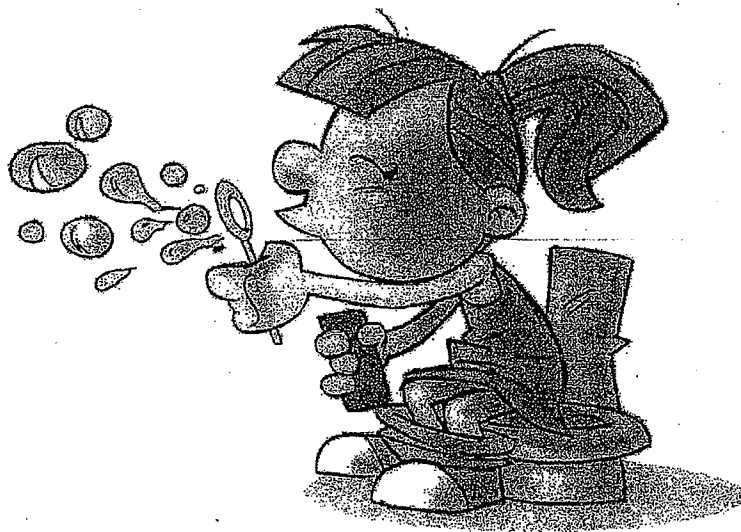


Talk about getting ready for potty training -A Guide for Parents



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Toilet/ potty training can be hard for families- and is even harder when a child has special needs.

However, having special needs does not mean that your child will not become toilet trained.

Working for the most independent toileting possible is a good goal for all children even though some children may continue to need help staying clean and dry.

Teaching toileting skills to children with special needs often needs to be done in a more planned way. This booklet gives some ideas about how to start toilet teaching with your child.

Getting Ready (around age 1-2 years)

- When you change your child's diaper always talk about "pee" and "poop" in a good way e.g. " Good girl. you've had a poop"
- Try to change your child in or near the bathroom when you can so they can learn that "Peeing" and "Pooping" go with the toilet.
- Show a picture of a toilet to your child at each diaper change. These picture cues will help children who may later have communication problems.
- When you empty and flush "poop" from a diaper into the toilet show and tell your child what you are doing.
- If your child has poor sitting balance ask for an Occupational Therapist to help you find a potty or toilet seat that will help your child sit comfortably.

Note to parents: "pee" and "poop" are used in this booklet to refer to urination and bowel movements.

Raising Awareness

- If your child uses disposable diapers they may never feel wet. Feeling wet is an important part of the toilet learning process. Feeling wet helps children connect "peeing" with feeling wet.
- Try placing a strong paper towel in your child's diaper to help them feel wet. Some children get very comfortable in their diapers and don't like to give them up. Feeling wet will make them a little less comfortable.
- The paper towel will also help you tell more easily when your child is wet. Try checking your child's diapers frequently when you are at home to see how often they "pee".
- Start to teach your child the difference between the feel of wet and dry. Tell them when they are wet. Ask them to tell you when they are wet.
- Ask your child to help you flush the poop into the toilet.
- Encourage your child to wash their hands and dress themselves.
- Read stories about using the toilet

The Training Process

- Stop using diapers
- Use washable training pants and put waterproof pants over them. If your school or child care provider object do this at home.
- Start recording when your child "pee's" and "poops". Check their pants every hour for a few days. Plan to do this when you will be at home for a few days and can get a good record. Use the chart to keep track.
- Take your child to the potty at scheduled times based upon the pattern you see on the chart.
- Ideas to make "peeing" in the toilet fun
 - Put a few drops of food coloring in the bowl and let your child see how "peeing" changes the color
 - Encourage boys who can stand to stand and aim at targets in the toilet (a few cheerios make good targets)
 - Make a reward chart and give special stickers everytime your child "pees" or poops in the toilet.

The Chart

Day Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							

W = Wet
D = Dry

P = Poop
F = Drinks

Developing the skills (age 2-3)

- Ask your Primary Care Provider to check for constipation and order medication to help keep your child's "poop" soft if needed.
- If you haven't already started to introduce your child to toilet or potty sitting, have your child sit on the toilet or potty after meals. Try to do this at least once a day for a few minutes.
- Give your child a book, a special small toy, or sing songs while they sit. Toilet sitting needs to be a relaxed time.
- Don't expect your child to "poop" or "pee" but if they do tell them what they did and show them how pleased you are.
- When you can, keep the bathroom door open so your child can see how other people in your family go to the bathroom as part of their everyday activities.



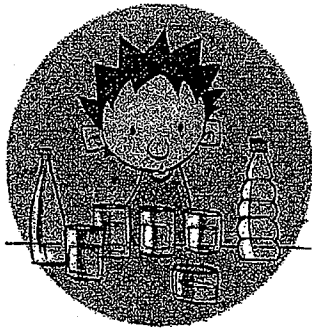
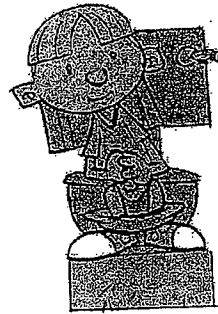
Blowing bubbles can help your child stay busy while they sit on the toilet or potty.
It may also help them have a bowel movement.

Promoting healthy bladders and bowels



Encourage regular exercise and fruit and vegetables each day.

Have your child sit on the toilet or potty after meals when you can. Sitting should be comfortable. You can give your child a book or small toy to hold while they sit.



Encourage your child to drink water based drinks during the day (try for 6 glasses).

This booklet gives simple suggestions to help you start the potty/toilet training process.

Titles of other booklets currently available in the UK in this series:

'Talk about going to the toilet'

'Talk about constipation'

'Talk about daytime wetting'

'Talk about bedwetting'

Illustrations

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USA Adaptations to 'Talk about getting ready for potty training - A Guide for Parents' made by

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PromoCon, working as part of Disabled Living Manchester, provides impartial advice and information regarding a whole range of products, such as musical potties and other toilet training equipment and swimwear and washable trainer pants for children who have delayed toilet training.

Information is also available regarding which services and resources are available for both children and adults with bowel and/or bladder problems