

Stages for Toilet Training

Stage 1 Getting Ready

This stage is about learning new skills!

Begin by ensuring that all nappy changes take place in the bathroom, to help them to be more aware of the connection between urine and faeces and the toilet.

If they are able to stand unsupported start changing them standing up

Begin re-enforcing when they are wet and dry when you change them.

Let them watch you use the toilet and explain what you are doing

Ensure they have a healthy diet and good fluid intake.



Stage 2

Developing physical skills

This stage is about the physical skills required to use the toilet!

Start encouraging them to try sitting on the toilet.

Look at what further support or aids that may be needed such as aids to help sitting or getting on the toilet.

Look at the skills your child has for toileting including:

- Are they able to pull clothes up and down?
- Can they flush the toilet?
- Can they wash and dry their hands?

It may be useful to complete the readiness for toilet training assessment with a health professional.



Stage 3

Raising Awareness

This stage involves identifying your child's habits.

Try to work out how long your child can stay dry for.

- place some folded kitchen paper into their nappy at the first change of the day
- then check at hourly intervals to record if wet or dry
- If the kitchen paper is wet or soiled it should be changed.

If your child is able to stay dry for an hour to hour and half and has no underlying bowel problems such as constipation try taking them out of nappies into washable underwear or training pants.

Also try to establish if there is a regular time that they have their bowels opened.



Stage 4

Using the toilet

At this stage your child is expected to pass urine and stools on the toilet!

The necessary skills should have been practised in stage 2 so they should be happy to cooperate and be happy to sit on the toilet and attempt to pull pants up and down.

Tell your child what is going to happen.

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

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

Take them to the toilet every 2 hours. (this time may need to be shorter)

Say to them "toilet time"
"– symbols may be need for children with additional needs.



Remind them of each step

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

Let them sit for a maximum of 2 minutes to begin with

You may find it useful to use pictures to remind them of what to do.



Potty Or Toilet?

This depends on your child, and whether you feel transferring the skills from potty to toilet will cause confusion at a later stage. If so it is suggested they go straight to using the toilet.

BE PREPARED FOR ACCIDENTS!

- Have plenty of spare underwear and clean clothes close at hand.
- Always do the same routine.

If your child wets or soils their underwear:

- 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



Out and About

Do not stop going out because of your child's toilet training routine.

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

Stage 5

Night time control

Once dry during the day, some children will spontaneously become dry at night within a few months.

However, a number of them may persist with night time wetting for sometime.

If your child has not achieved dryness by the age of 6 or 12 months after becoming dry during the day speak with your school nurse about help and support.

Children with learning disabilities who are reliably dry during the day should be able to become dry at night also.

