

Potty/toilet training/3



Night time dryness

- Toilet training often follows a pattern, bowel control first then day time dryness and lastly night-time dryness
- When a child is reliably dry during the day they may be ready to become dry at night. Indicators are a dry or less saturated nappy in the morning or after a daytime nap.
- Talk to the child to find out if they would like to leave off their night-time nappy. (You can protect the bed using waterproof products.)
- Make sure the child has a last wee before going to bed. They may wake and need a wee so leave a soft light on and make sure the potty or toilet is within easy reach.

Establish a routine

- Have a daily toilet routine so going for a poo is part of the child's day. This encourages the complete emptying of the bowel on a regular basis, reducing pooing accidents and avoiding constipation.
- This is especially important for boys who, once they begin to stand up to wee, have to make a special effort to sit on the toilet and pooing can become rushed or simply forgotten, leading to constipation.



Little success?

- Consider a reward system, such as a star chart, it's important to offer rewards for using the potty and for the child letting you know when they need to wee or poo rather than for being clean and dry.
- If the child doesn't seem to be progressing then think about leaving it for a while the child might not be ready; don't worry,
- Be patient, go at your child's own pace; it takes time

Children with learning difficulties

- These children are sometimes more difficulty to potty train because of reluctance to use the toilet, dislike of smells and sounds, rigid eating patterns, lack of interest or understanding why they should learn, no motivation to be like others or it is easier to wee and poo in a nappy
- All the advice above applies but
- Encourage children to use different toilets from the beginning, to prevent them being used to only using toilets at home.
- Start training using a small toilet seat and step, (not a potty) to avoid having to change the toileting routine as the child grows older.
- The child may need the learning opportunity of being without nappies and pull-ups
- Picture cues and social stories are often useful to help with toilet training.
- Does the child need objects e.g. toilet roll, photos pictures, signs to communicate their need for the toilet