

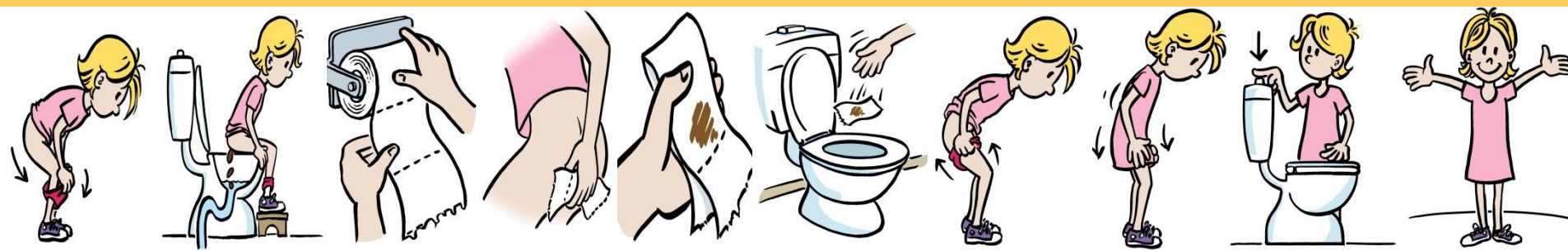


Toilet skill development: One step at a time

Susan McCarthy

RN. B.App.Sci, M Primary Health

CNC/ Manager Victorian Continence Resource Centre



Overview



Key messages:

- Learning to use the toilet independently is a process
- The process needs to be considered when the child is around the two years
- In the early years the emphasis is more on toilet skill development than using the toilet
- Move at the child's pace don't rush through the Steps. It's not about ticking off the toilet training box!



Toileting skills set

- Recognise the urge
- Hold on
- Find the toilet
- Get to the toilet
- Pull down pants
- Sit on the toilet
- Use the toilet
- Get off the toilet
- Wipe self
- Pull up pants
- Flush toilet
- Wash and dry hands

Five step program



Step 1: Setting the scene

Step 2: Developing the skills needed

Step 3: Raising awareness

Step 4: Using the toilet for wee & poo

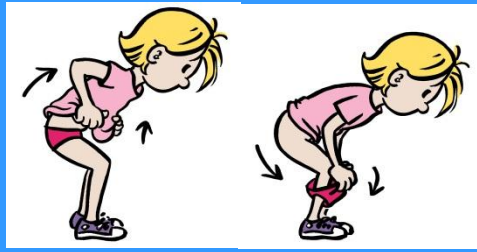
Step 5: Night time control

Learning to sit on a different seat

- Routines
- Toilet v Potty
- Setting up the toilet area



Pants down



- Learning to undressing and dressing when toileting
- Learning about the toilet



Pants up

Charting for success

- Raising awareness of wet and dry
- Keeping a record of wee & poo
- Constipation



Using the toilet for wee and poo

- ❖ Sitting or standing for boys
- ❖ Accident plan
- ❖ Keeping the program consistent
- ❖ Using unfamiliar toilets
- ❖ Bottom wiping



Bottom wiping



Pictures of success





Susan McCarthy:

T: 03 9816 8266

E: susan.mccarthy@continencevictoria.org.au

Toilet skill development resources:

One step at a time: A parent's guide to toilet training for children with special needs

Easy English Guide to Toilet Training

<http://www.continencevictoria.org.au/node/15>

