

Successful Toilet Training and Beyond

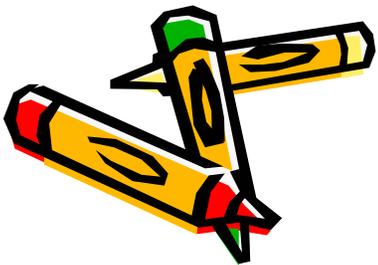
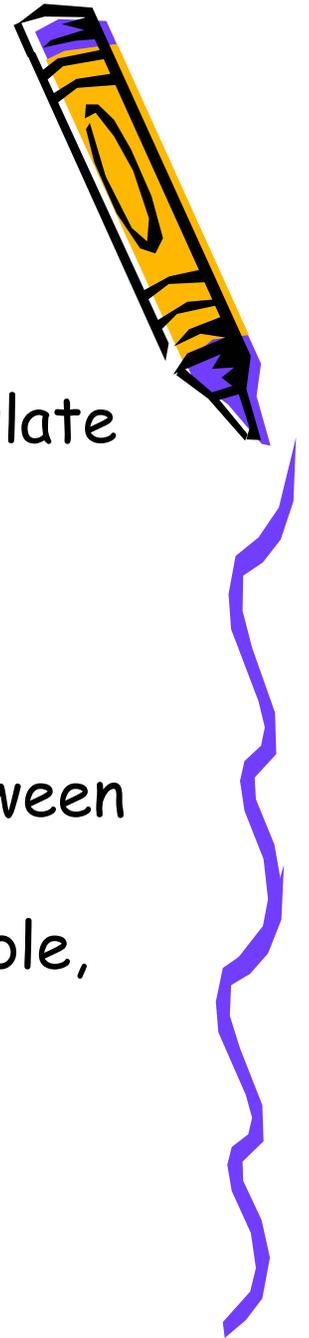
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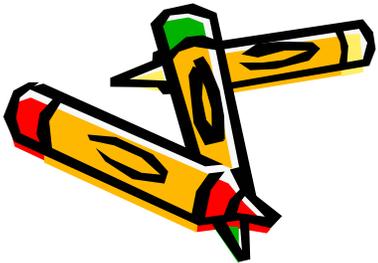
Intro

- Most children have the muscle control to regulate themselves between 18 months and 3 years of age.
- Children with disabilities or certain medical problems may not have this ability until later.
- On average children are fully day trained between ages 2 $\frac{1}{2}$ and 4.
- Night training for wetting is much more variable, between the ages of 3 and 8.



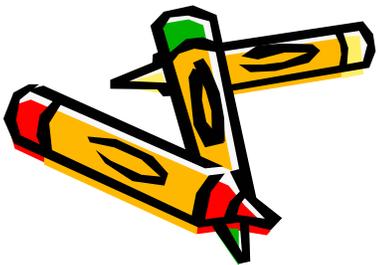
Setting the Stage for Success

- Pre-toilet training prepares your child for toilet training and will make the process easier for you.
- You can begin this process when your child is around 15 months or older.
- You should continue until your child demonstrates some of the readiness signals that will be talked about in the next section.
- If your child is ready to begin toilet training now, spend at least a week practicing pre-toilet training skills so that your child becomes familiar with the process.



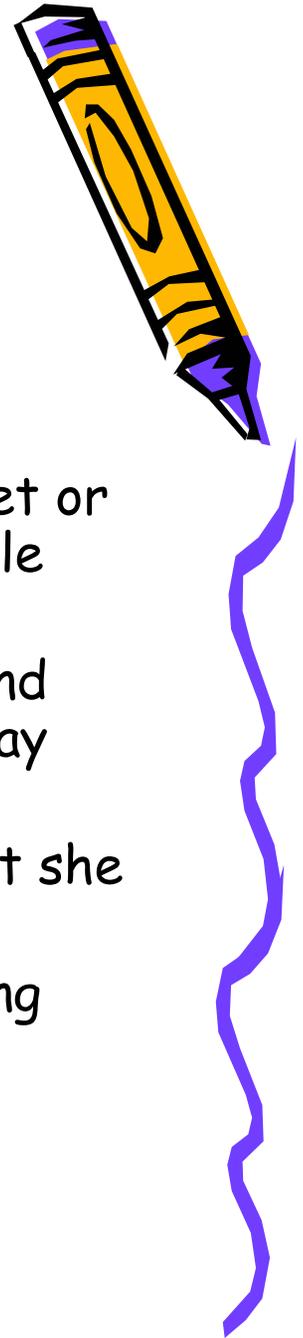
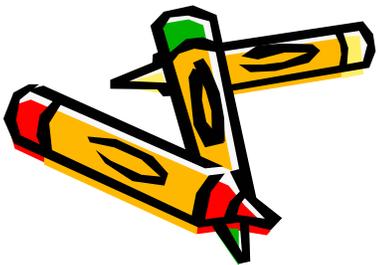
Setting the Stage for Success, cont'd

- **Name urine and bowel movements:**
 - When your child has a dirty diaper, mention what has happened using words that you have chosen (e.g., "You have poopoo in your diaper").
- **Model the use of the toilet:**
 - This involves allowing your child to watch you and other family members use the toilet so that they can see, ask questions and learn.



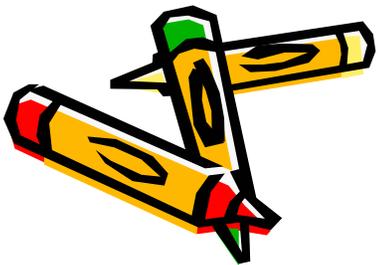
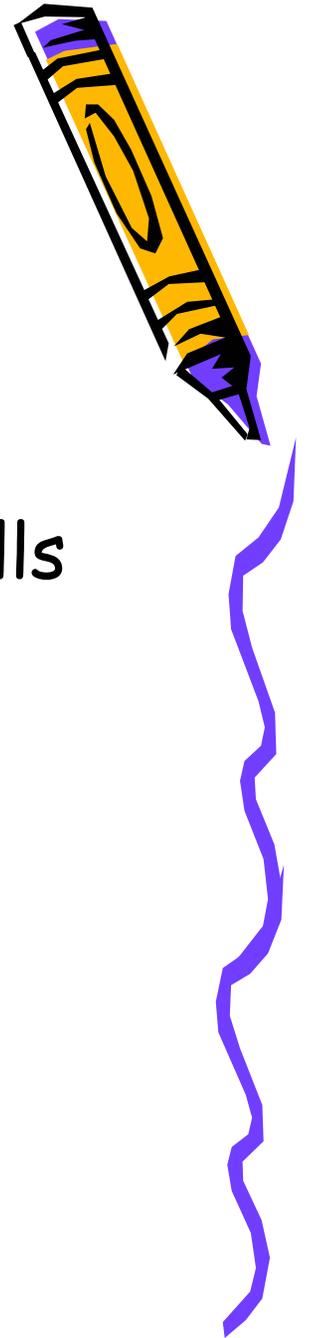
Setting the Stage for Success, cont'd

- **Change diapers quickly:**
 - Change your child's diapers as soon as it becomes wet or dirty so that your child does not become comfortable with wet or dirty diapers.
 - Try to change diapers in the bathroom if possible and drop the discards in the toilet, so that your child may learn where "poopos" go.
 - Also, encourage your child to flush the toilet so that she may learn how.
 - Do not make your child feel bad for wetting or soiling her diapers.



Setting the Stage for Success, cont'd

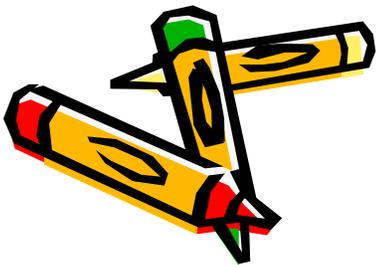
- **Praise your child:**
 - Praise your child when he verbally tells you or with a gesture that he has urinated or soiled the diaper.
 - You should also praise your child for cooperating with any of the above



When your child is ready

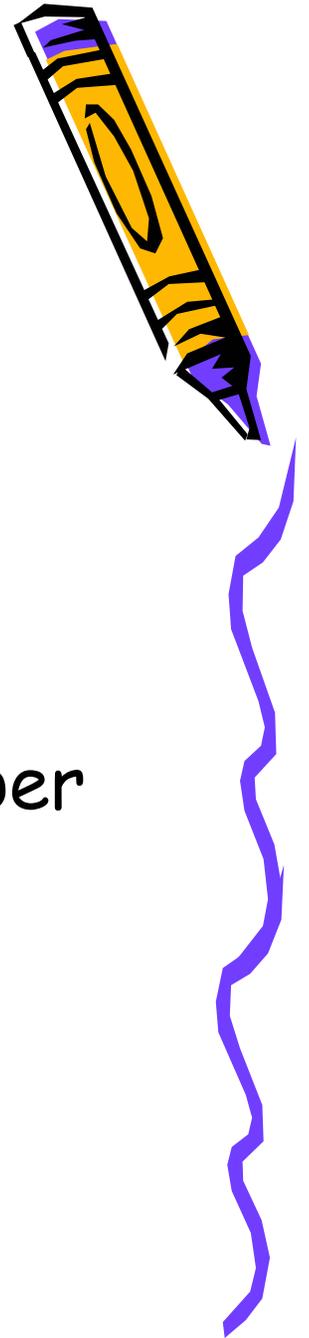
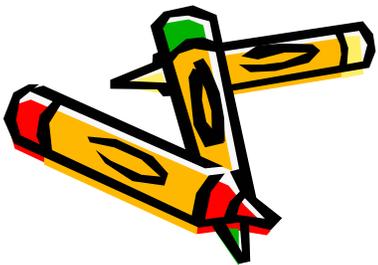
Your child may be ready to begin toilet training if he/she:

- Has regular, soft, formed bowel movements
- Imitates others' bathroom habits (e.g., likes to watch you go to the bathroom, wants to wear underwear)
- Makes physical demonstration when he/she is having a bowel movement (e.g., grunting, squatting)
- Has words or gestures for urine and bowel movements



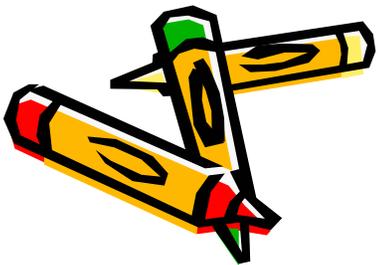
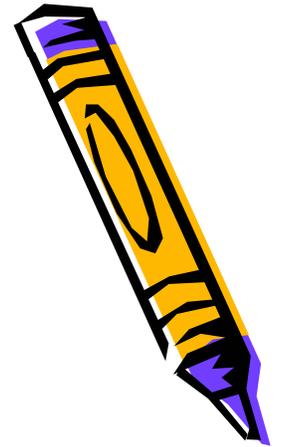
When your child is ready, cont'd

- Is able to follow simple instructions
- Can inform, by words or gestures that he/she has to urinate or have a bowel movement before it happens
- Does not like the feeling of a dirty diaper
- Has "dry" diapers or underwear for at least 2-3 hours
- Can walk and sit down

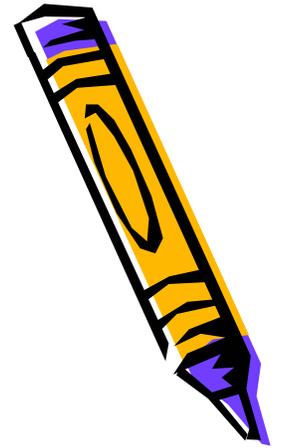


When your child is ready, cont'd

- Your child's bowel movements become regular and predictable.
- Your child can take his or her pants on and off and walk to and from the bathroom with ease.
- Your child asks to use the toilet or the potty chair.
- Your child asks to wear "big kids pants", pull-ups, or underwear instead of diapers.

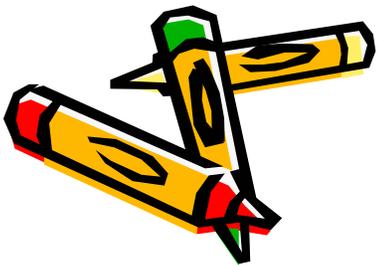


How long does Training Take?

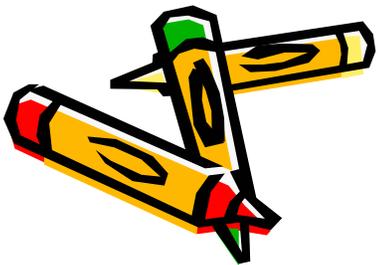
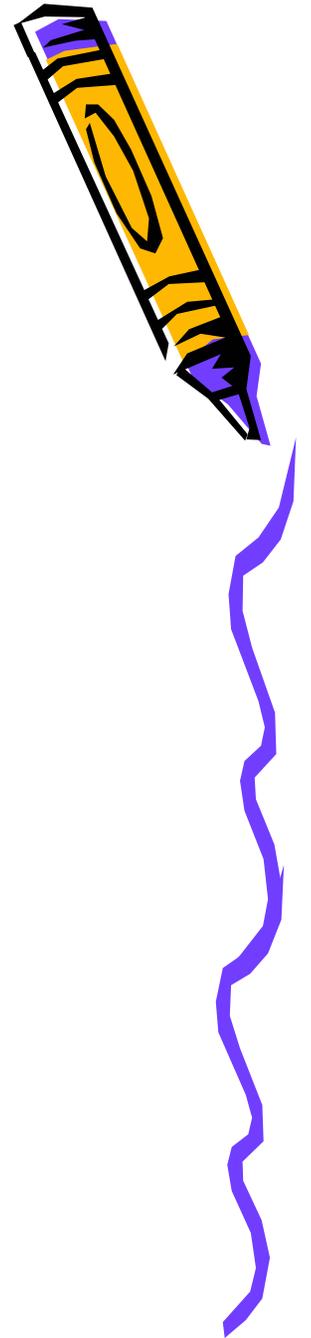


How Long Does Toilet Training Take?

- Once you begin toilet training it may take children 3 to 4 weeks before they are mostly dry during the day
- For some children it may take several months.
- Many children still accidentally wet or soil their pants up to a year after training begins.
- Most children find that learning to urinate in the toilet is easier than passing a bowel movement and it may take children longer to learn to pass a bowel movement in the toilet.

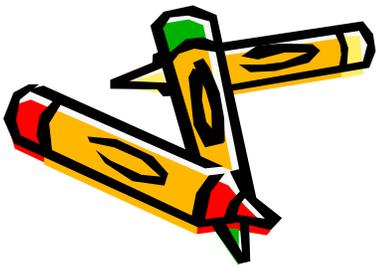
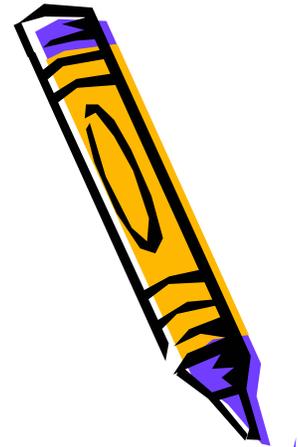


Getting ready for training...
Here we go!



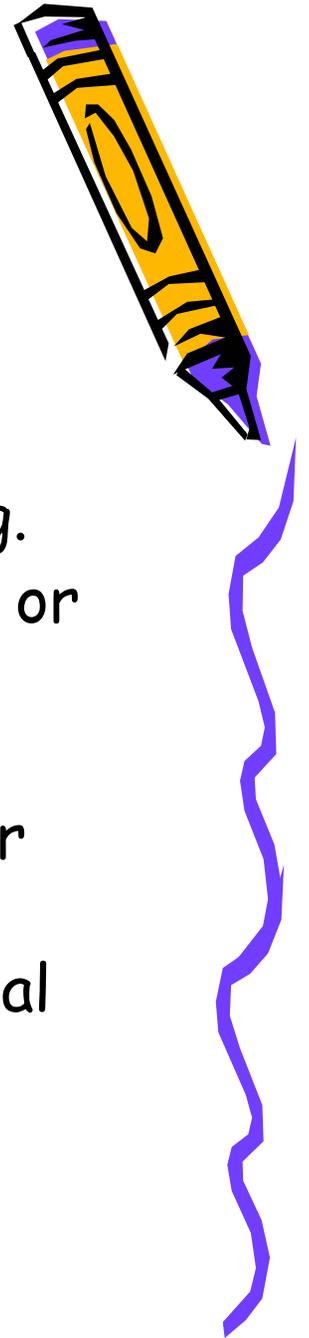
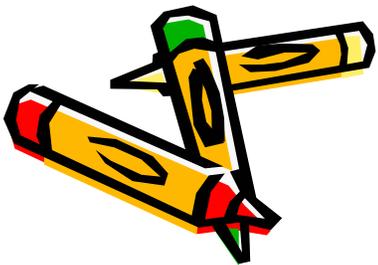
Getting ready for training

- **Find your child's pattern, their schedule or routine.**
 - Keep track of the times during the day when your child usually wets or passes bowel movements.
 - Begin to sit your child on the toilet during those times when you begin training.
- **Get everything ready that you need.**
 - You can use a potty or the toilet for training.
 - If you choose to use the toilet, get a toilet seat ring so that your child will not be afraid of falling in.
 - Also provide your child with support under their feet (e.g., a stool or stable step).



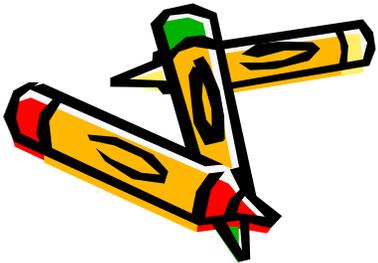
Getting ready for training, cont'd

- **Help your child get ready.**
 - Only use diapers when your child is sleeping.
 - Diapers are a sign that it is all right to wet or pass a bowel movement.
 - Put your child in underwear.
 - The feeling of wet underwear may help your child realize when they are wet.
 - Training underwear made of thicker material may be helpful.

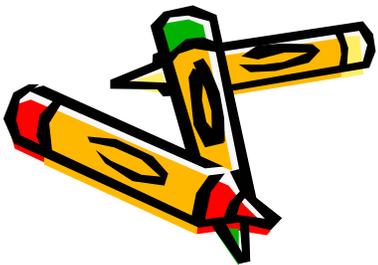
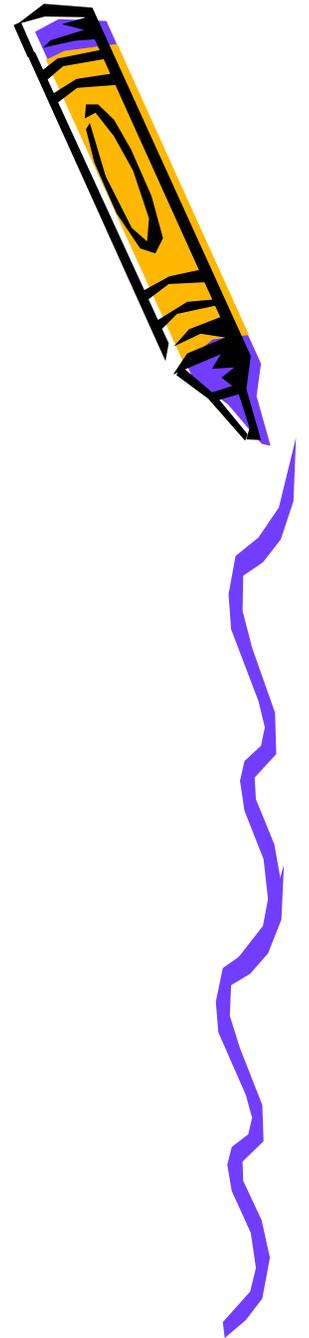


Getting ready for training, cont'd

- Dress your child in loose clothing.
- Clothing without fasteners or buttons is easier for children to get on and off.
- Talk to your child about the potty and what it is for.
- You may want to let your child do a special activity (e.g., like playing with a favorite toy) while they practice sitting on the potty.
- We all learn by watching others.
- Let your child follow you into the bathroom to see the steps that you go through when using the toilet.
- Talk to your child about what you are doing.

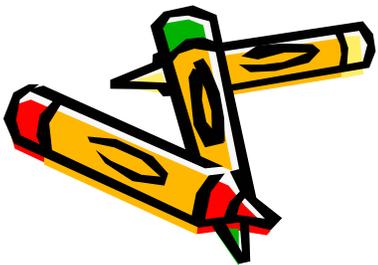
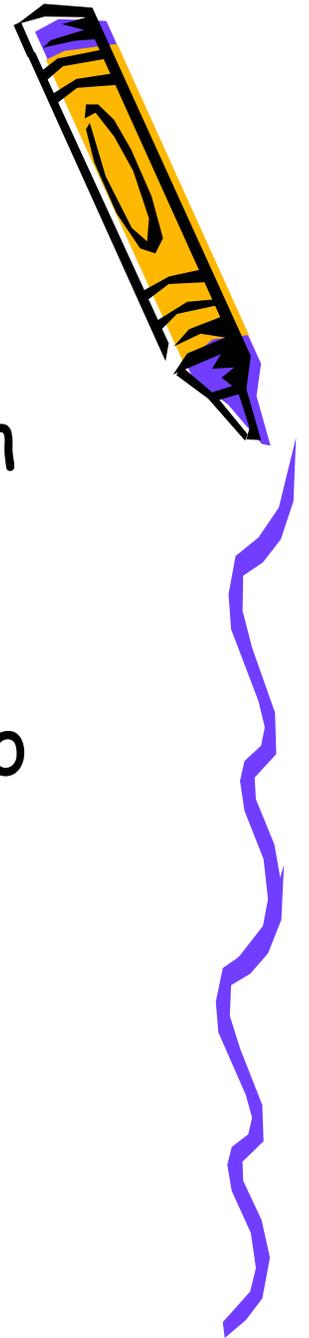


I'm ready... now how do I
do it?



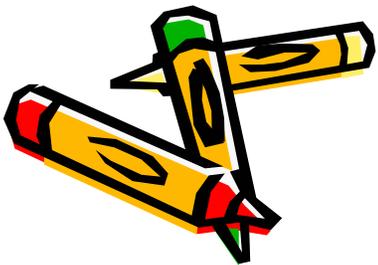
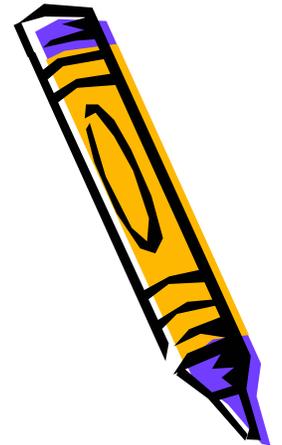
Potty Training 101

- There are several steps involved in toilet training. Keep in mind that your child should feel comfortable with each step before moving on to the next.



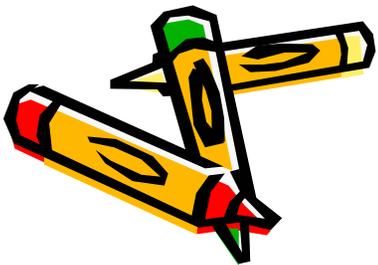
Potty Training 101

- **Choose a concrete time to begin**
 - It is important to be consistent and follow the same toileting routine every day when you begin toilet training.
 - To start toilet training, set aside half of a day when you will be home and choose a time when your family is relaxed.
- **Give your child plenty to drink.**
 - On the first day of training giving your child more to drink helps to increase the chance that you child will want to use the bathroom, but do not force your child to drink.
 - Also, make sure that your child's diet has plenty of fruits and fibers to keep bowel movements soft.



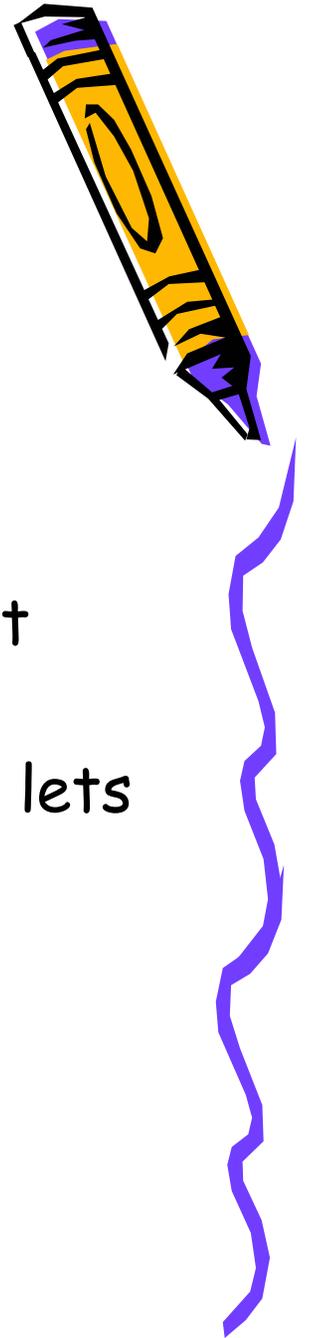
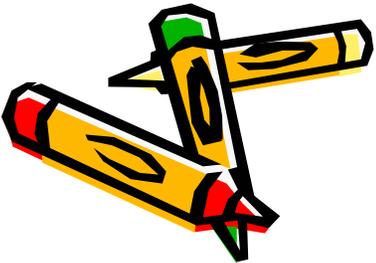
Potty Training 101

- Step 1:
 - Keep track of when your child urinates and has bowel movements so that you identify her elimination pattern.
 - Continue to obtain this information while implementing steps 2 and 3.



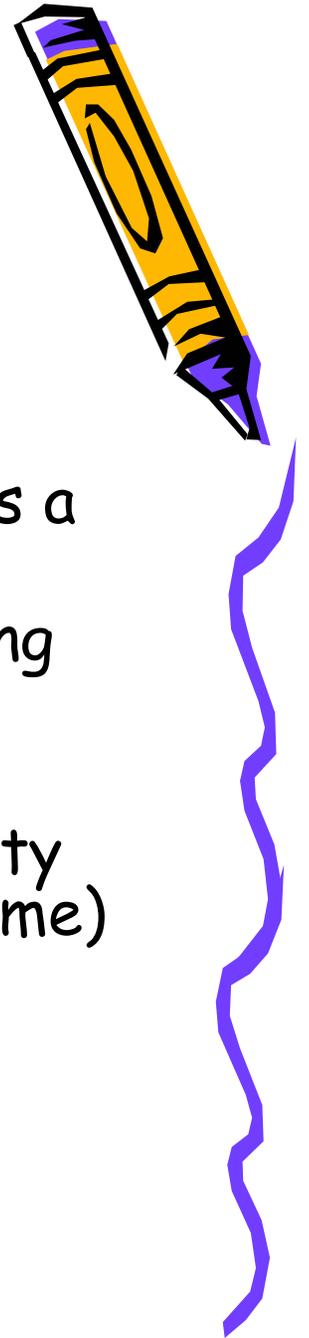
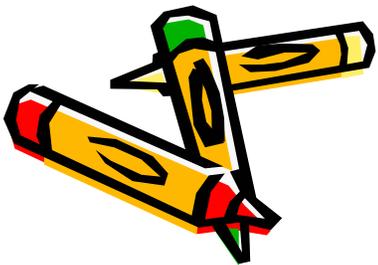
Potty Training 101

- Step 2:
 - Begin to introduce the potty to your child.
 - Place a potty chair in the bathroom and wait for your child to inquire about it.
 - This gives your child a sense of control and lets him initiate the training.
 - This also avoids negative comments such as "No, I don't wanna see potty."



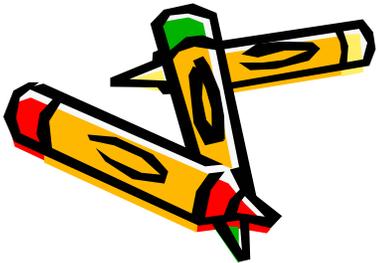
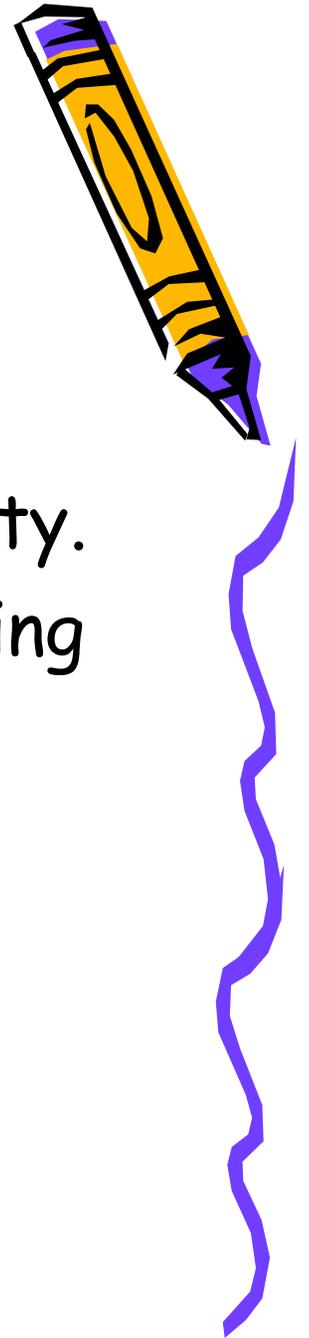
Potty Training 101

- Step 3:
 - Have your child sit on the potty a few times a day with her clothes on.
 - This will get your child in the habit of sitting on the potty.
 - Encourage your child to sit on the potty.
 - You can do this by providing a special activity to do (e.g., playing with a favorite toy or game) or giving a special treat such as stickers or M&M's for sitting on the potty.



Potty Training 101

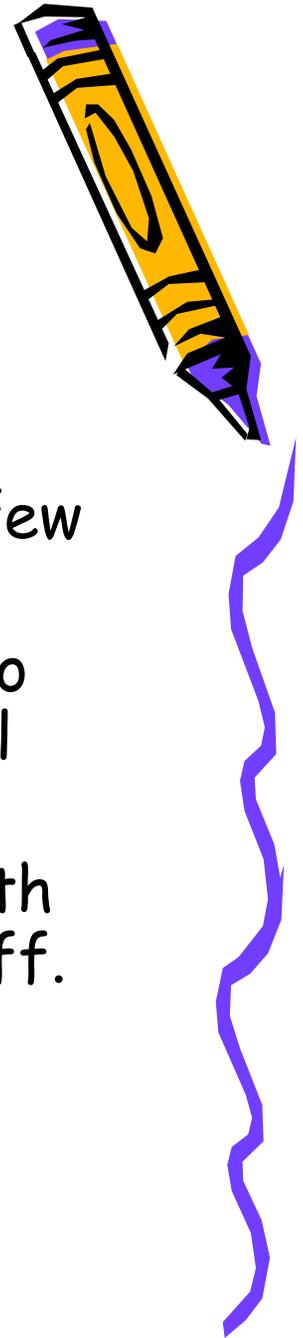
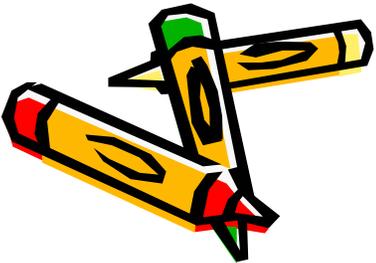
- Only allow that desirable activity to occur when your child sits on the potty.
- This will keep your child from becoming tense and bored.



Potty Training 101

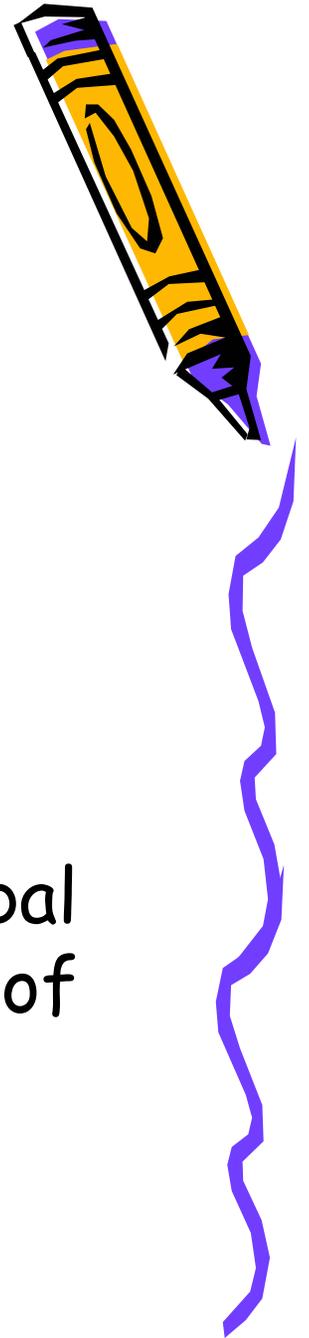
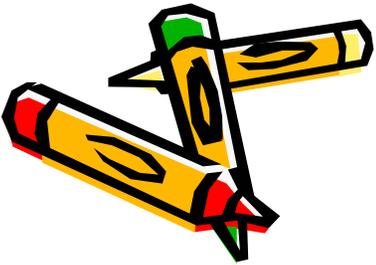
- Step 4:

- Encourage your child to sit on the potty a few times a day with her pants and diapers off.
- Try to place your child on the potty close to the time she usually urinates or has a bowel movement (you will know this from step 1).
- A natural time to do this may be around bath time when your child's clothing is already off. Or. Try this about 10 to 15 minutes after a meal.



Potty Training 101

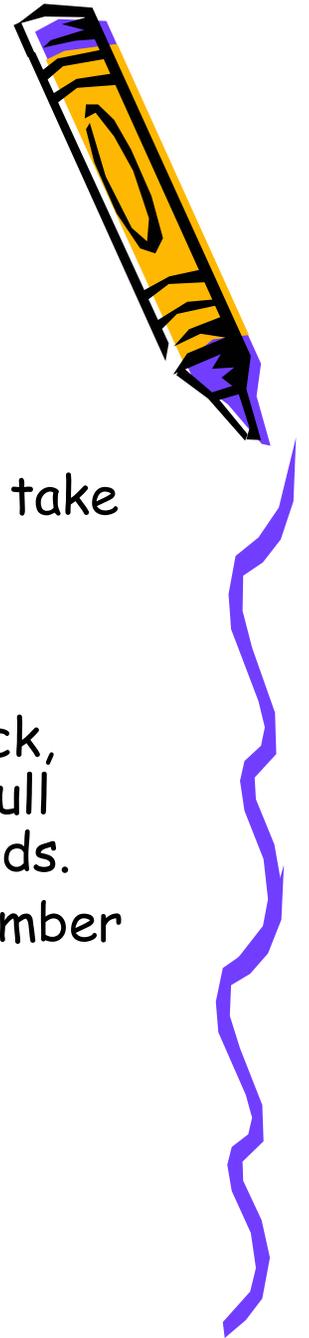
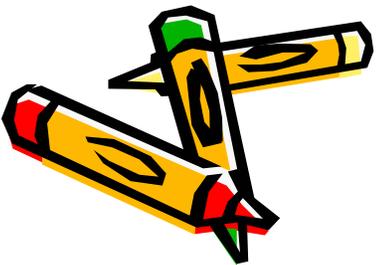
- Don't have your child sit too long (no longer than 5 minutes at the most).
- If your child urinates or has a bowel movement while on the potty, make a **huge deal** and give lots of praise and attention (hugs, kisses, clapping, verbal compliments, positive reinforcement of urination or bowel movement).



Potty Training 101

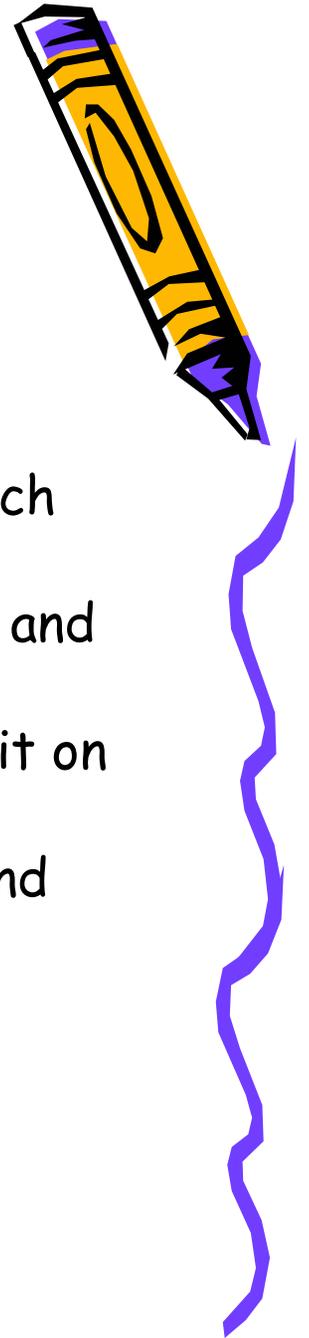
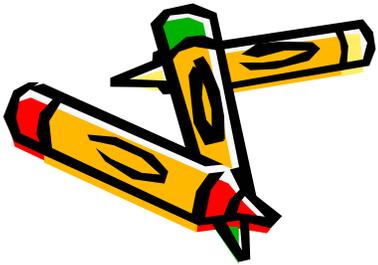
- Step 5:

- During the toilet training period, allow your child to take over the toileting procedure.
- This includes letting your child push pants and underwear down, get on the toilet, get the correct amount of toilet paper, wipe clean from front to back, put toilet paper into the toilet, get off the toilet, pull pants and underwear up, flush and wash and dry hands.
- When your child performs any of these tasks, remember to give lots of praise and positive attention.



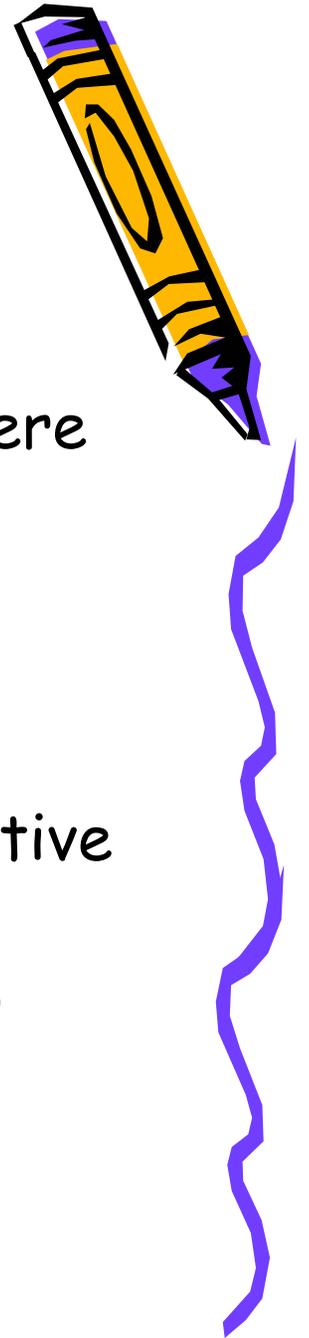
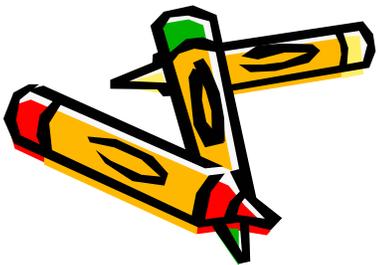
Potty Training 101

- Step 6:
 - Leave your child's diaper off (for a block of time each day, at least 30 minutes).
 - During this time, explain to your child that big boys and girls go "peepee and poopoo" in the potty.
 - Show your child where the potty is and tell her to sit on it when she has to go.
 - Remember to tell your child that you will help him and take him to the bathroom whenever she wants.



Potty Training 101

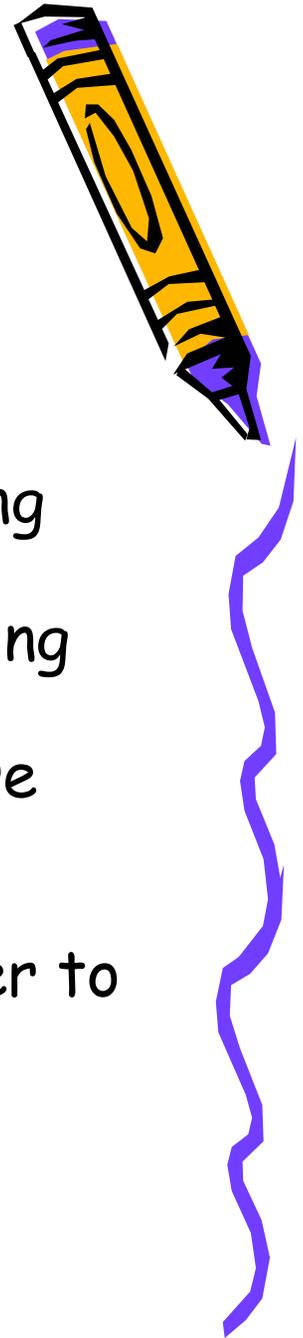
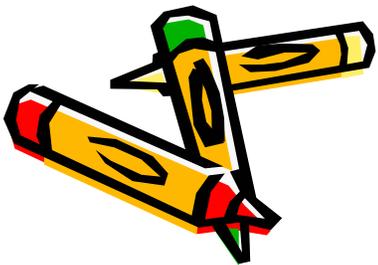
- Occasionally remind your child that it is there if she needs it.
- If your child asks to use the potty, **MAKE SURE TO DROP EVERYTHING AND GET YOUR CHILD TO THE POTTY.**
- If your child is successful, give lots of positive reinforcement and praise your child.
- If he tries but does not go, still praise for trying.



Potty Training 101

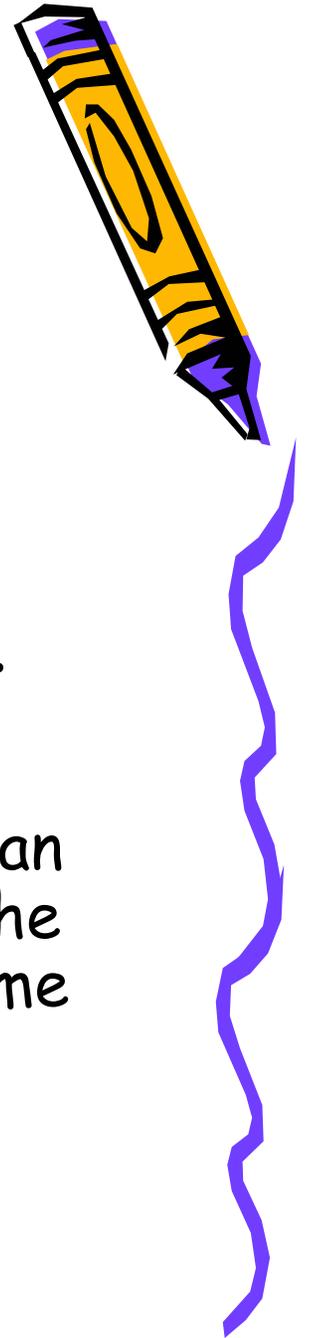
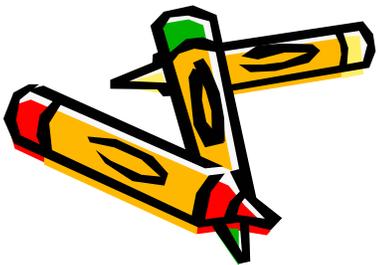
- Step 7:

- Transition your child into pull-ups or training pants then underwear.
- First have your child wear pull-ups or training pants all the time instead of diapers.
- Remember, it may take a few months before your child can go a couple of days without having an accident.
- Once your child has mastered this, allow her to wear underwear instead.



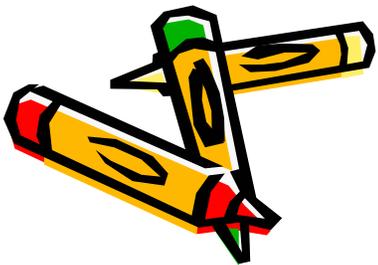
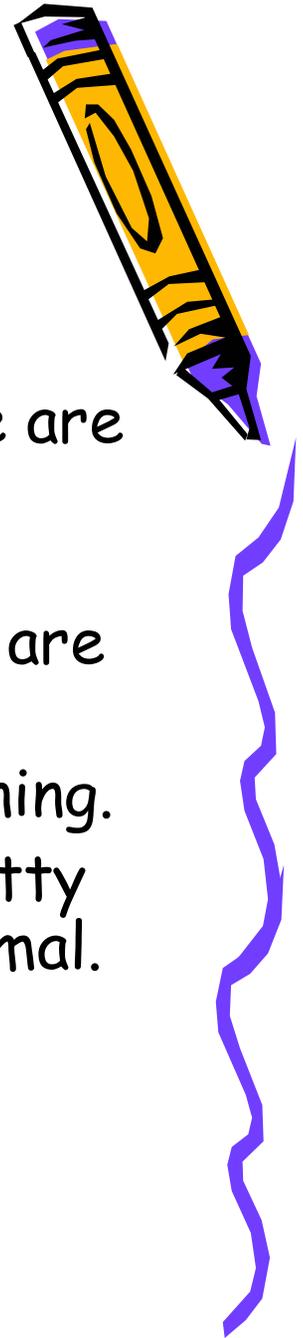
Side Notes

- **Teach your child to wash their hands**
 - Praise their cooperation for washing their hands.
- **After your child has learned to toilet train.**
 - Once your child learns to toilet train, you can stop giving rewards for successful use of the potty and instead **praise** your child from time to time for following toileting steps.



Accidents

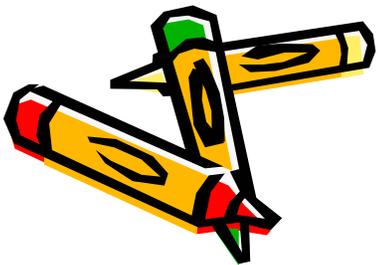
- Toilet training is a learning process, and there are times when children will still have accidents.
- Do not become discouraged. Children may also accidentally wet or soil their pants when they are sick or their usual routine has been disrupted.
- If this happens, take a break from toilet training.
- Start the training again with sitting on the potty or toilet when everything has returned to normal.



What to do about accidents

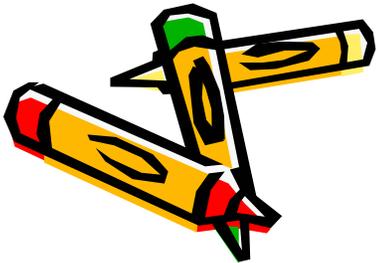
What should I do if my child has an accident?

- Stay calm if your child accidentally wets or soils.
- Calmly say something like, "Oops, you're wet. Let's change."
- Go to the bathroom and help your child clean up.
- **Do not punish your child** and do not talk a lot or make cleaning up a fun time for your child.
- A few minutes after changing remind your child of the toileting steps.

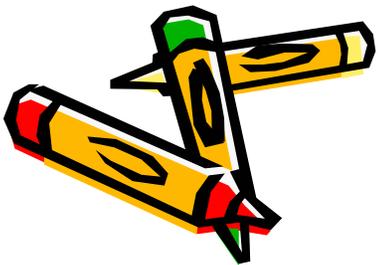
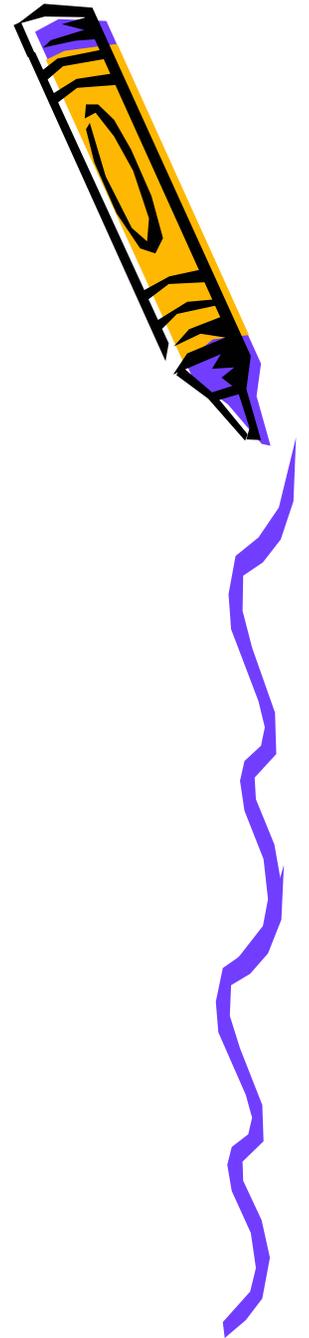


Preventing Accidents

- Check to make sure the following things are in place to help prevent accidents.
 - Make sure your child can easily reach the potty or the toilet.
 - During long play periods or before going out, ask your child if they need to use the potty.
 - Encourage your child to go to the bathroom on outings.
 - Keep diapers on at night until your child usually stays dry until morning.
 - Ask your child to sit on the toilet before going to bed.

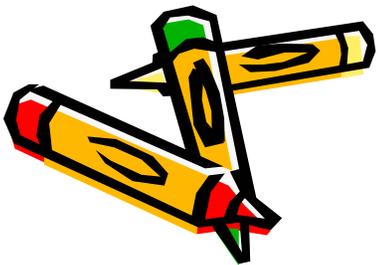


- Charts to assist you with this process...



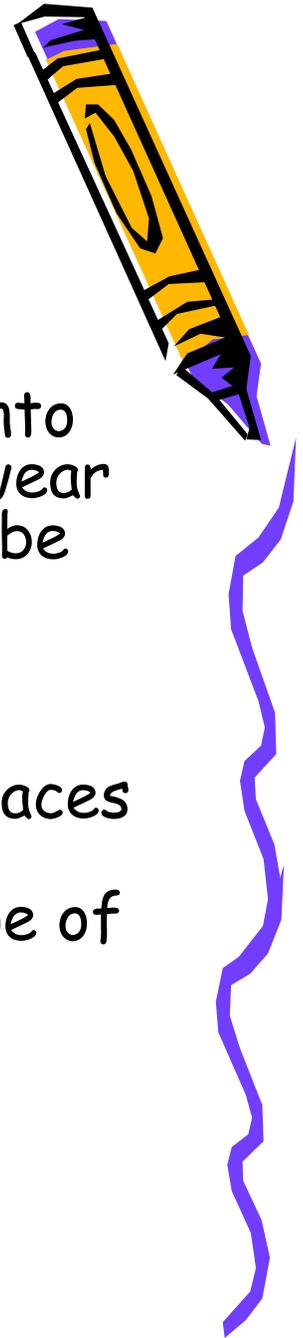
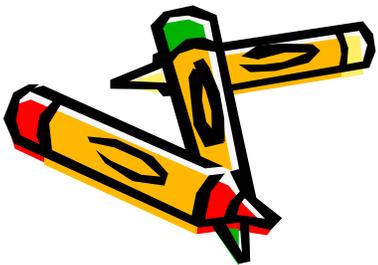
Elimination Disorders

- Elimination disorders occur in children who have problems going to the bathroom—both defecating and urinating. Although it is not uncommon for young children to have occasional "accidents," there may be a problem if this behavior occurs repeatedly for longer than 3 months, particularly in children older than 5 years.
- There are two types of elimination disorders, encopresis and enuresis.



Elimination Disorders

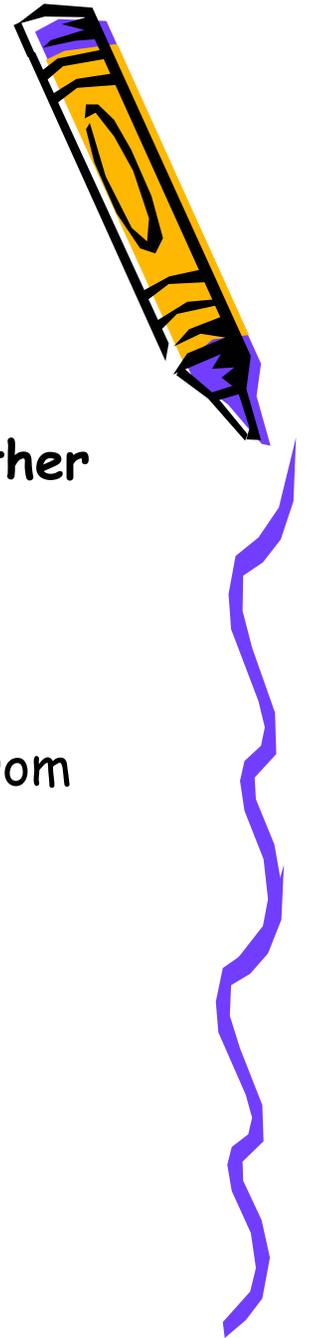
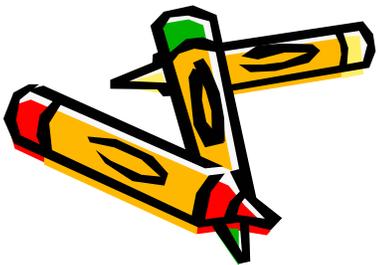
- **Encopresis** is the repeated passing of feces into places other than the toilet, such as in underwear or on the floor. This behavior may or may not be done on purpose.
- **Enuresis** is the repeated passing of urine in places other than the toilet. Enuresis that occurs at night, or bed-wetting, is the most common type of elimination disorder. As with encopresis, this behavior may or may not be done on purpose.



What Are the Symptoms of Encopresis?

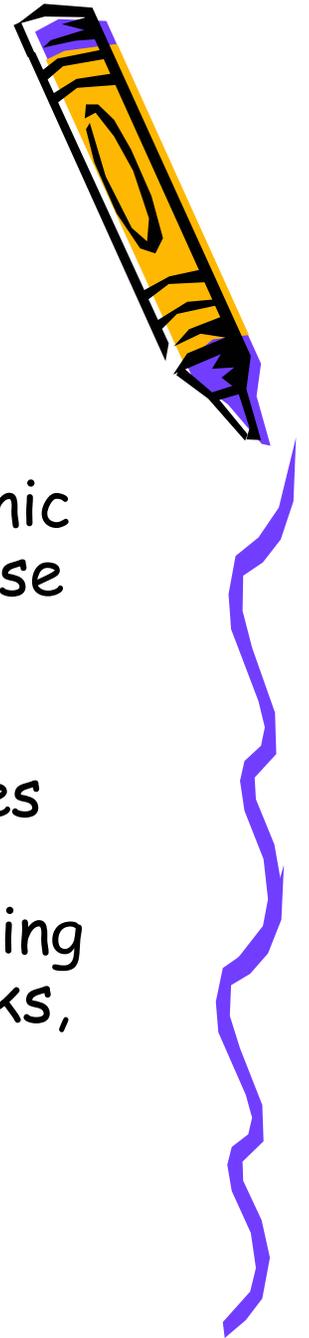
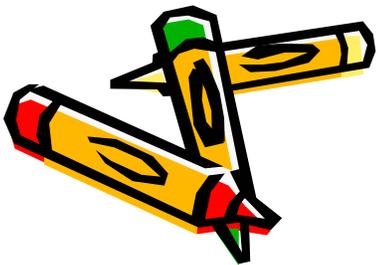
In addition to the behavior of releasing waste in improper places, a child with encopresis may have other symptoms, including:

- Loss of appetite
- Abdominal Pain
- Loose, watery stools (bowel movements)
- Scratching or rubbing the anal area due to irritation from watery stools
- Decreased interest in physical activity
- Withdrawal from friends and family
- Secretive behavior associated with bowel movements.



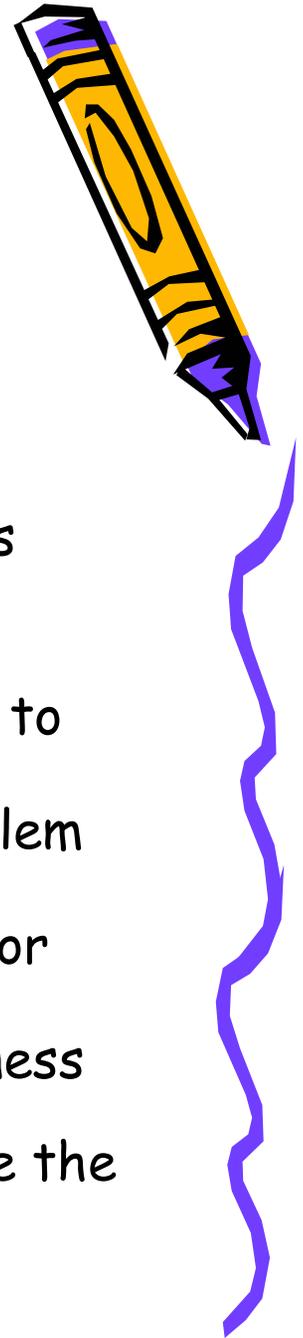
What causes Encopresis

- **What Causes Encopresis?**
- The most common cause of encopresis is chronic (long-term) constipation, the inability to release stools from the bowel.
- This may occur for several reasons, including stress, not drinking enough water (which makes the stools hard and difficult to pass) and pain caused by a sore in or near the anus (the opening of the rectum in the fold between the buttocks, where waste is expelled).



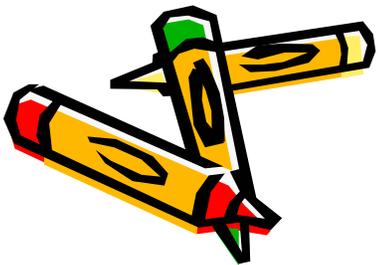
Factors that may contribute to constipation

- A diet low in fiber
- Lack of exercise
- Fear or reluctance to use unfamiliar bathrooms, such as public restrooms
- Not taking the time to use the bathroom
- Changes in bathroom routines; for example, when going to school and there are scheduled bathroom breaks
- Another possible cause of encopresis is a physical problem related to the intestine's ability to move stool.
- The child also may develop encopresis because of fear or frustration related to toilet training.
- Stressful events in the child's life, such as a family illness or the arrival of a new sibling, may contribute to the disorder. In some cases, the child simply refuses to use the toilet.

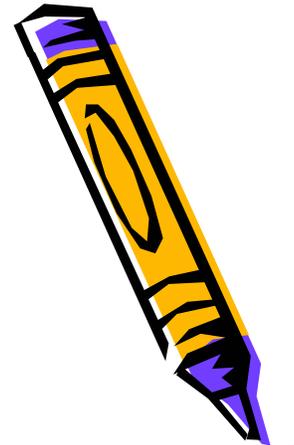


How Is Encopresis Treated?

- The goal of treatment is to prevent constipation and encourage good bowel habits.
- Treatment often begins by clearing any feces that has become impacted in the colon, also called the large intestine.
- The next step is to try to keep the child's bowel movements soft and easy to pass.
- In most cases, this can be accomplished by changing the child's diet, using scheduled trips to the bathroom and encouraging or rewarding positive changes in the child's bathroom habits.
- In more severe cases, the doctor may recommend using stool softeners or laxatives to help reduce constipation.
- Psychotherapy may be used to help the child cope with the shame, guilt or loss of self-esteem associated with the disorder.

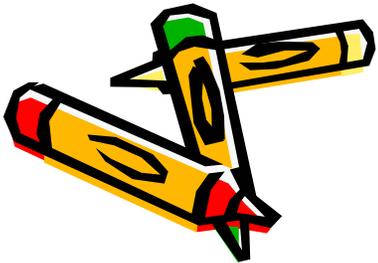


What causes Enuresis?



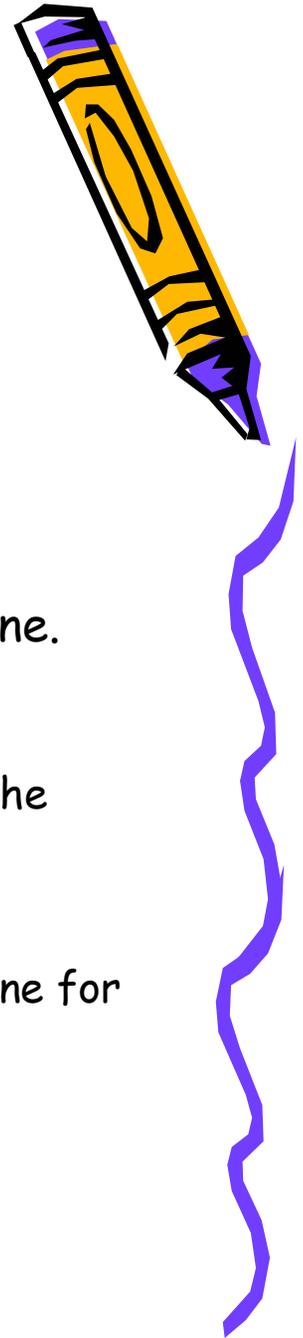
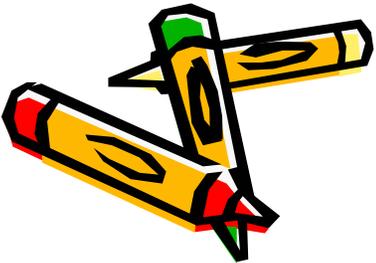
Some of the causes of Enuresis (with associated bed-wetting) include:

- Genetic factors (it tends to run in families)
- Difficulties waking up from sleep
- Slower than normal development of the central nervous system--this reduces the child's ability to stop the bladder from emptying at night
- Hormonal factors (not enough antidiuretic hormone--this hormone reduces the amount of urine made by the kidneys)
- Urinary tract infections
- Abnormalities in the urethral valves in boys or in the ureter in girls or boys
- Abnormalities in the spinal cord
- Inability to hold urine for a long time because of small bladder
- Bed-wetting isn't caused by drinking too much before bedtime. It's not a mental or behavior problem. It doesn't happen because the child is too lazy to get out of bed to go to the bathroom. And children do not wet the bed on purpose or to irritate their parents.



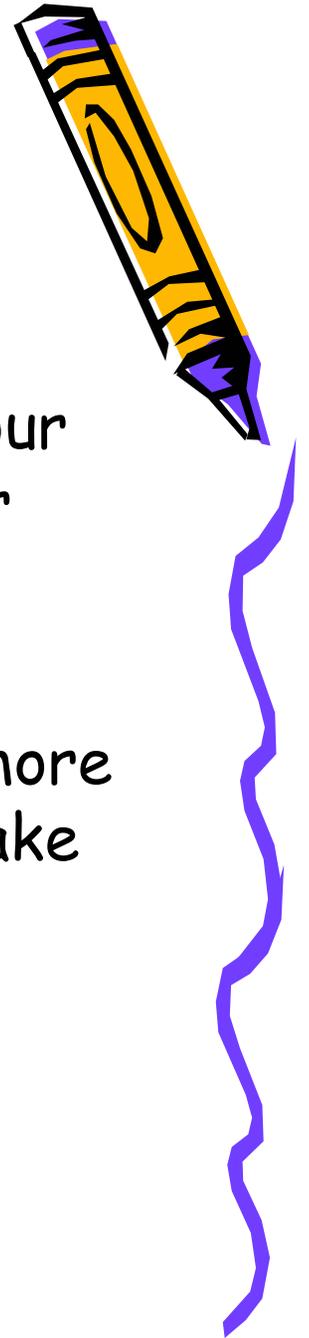
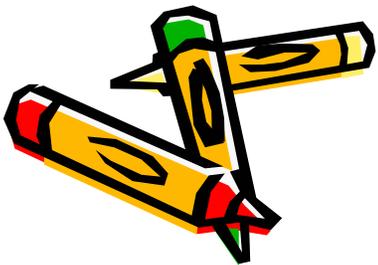
What are the treatments for Enuresis?

- Most children outgrow Enuresis without treatment.
- However, you and your doctor may decide your child needs treatment.
- There are 2 kinds of treatment: behavior therapy and medicine.
- Behavior therapy helps teach your child not to wet the bed.
- Some behavioral treatments include:
 - An alarm system that rings when the bed gets wet and teaches the child to respond to bladder sensations at night.
 - A reward system for dry nights.
 - Asking your child to change the bed sheets when he or she wets.
 - Bladder training: having your child practice holding his or her urine for longer and longer times.



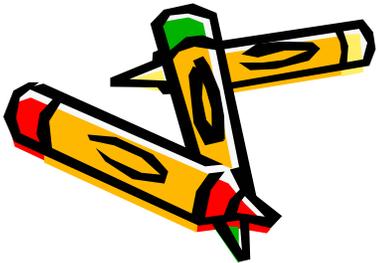
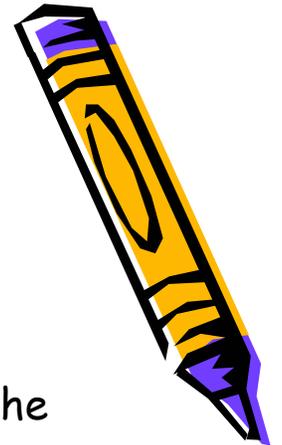
What kinds of medicines are used to treat Enuresis?

- Your doctor may give your child medicine if your child is 7 years of age or older and if behavior therapy hasn't worked.
- But medicines aren't a cure for bed-wetting.
- One kind of medicine helps the bladder hold more urine, and the other kind helps the kidneys make less urine.
- These medicines may have side effects.

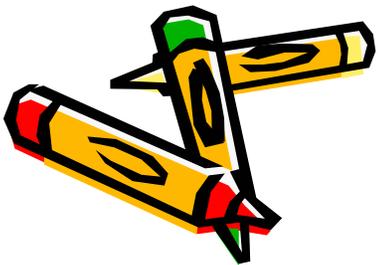
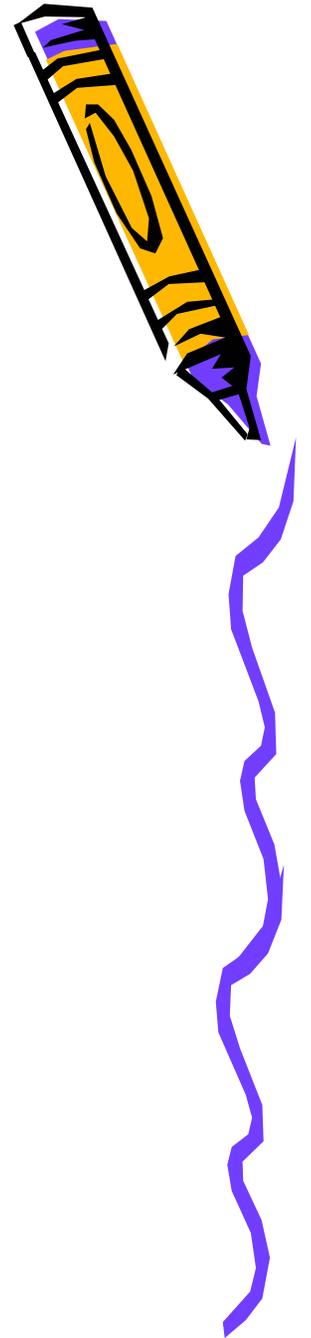


How can I help my child not feel so bad about it?

- Enuresis and bed-wetting can lead to behavior problems because of the guilt and embarrassment a child feels.
- It's true that your child should take responsibility (this could mean having your child help with the laundry).
- Your child shouldn't be made to feel guilty about something he or she can't control.
- It's important for your child to know that this problem isn't his or her "fault."
- Punishing your child for wetting the bed or his/her pants will not solve the problem.
- It may help your child to know that no one knows the exact cause of enuresis.
- Explain that it tends to run in families (for example, if you wet the bed as a child, you should share that information with your child).



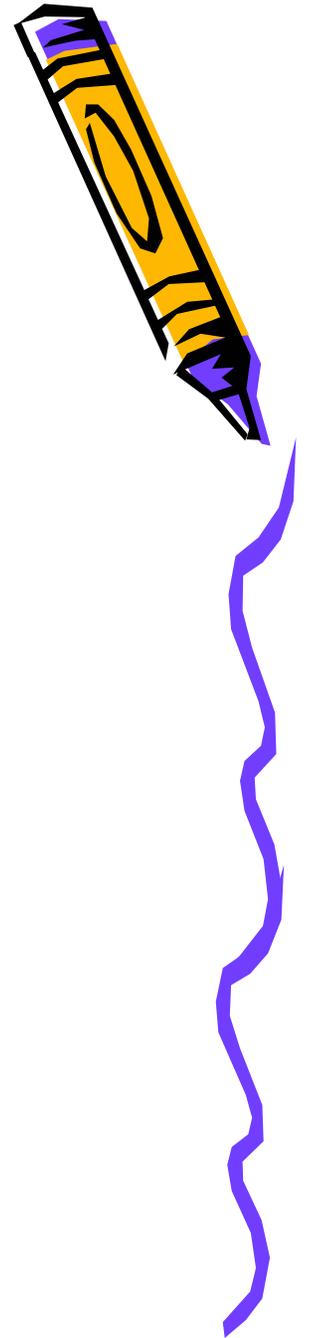
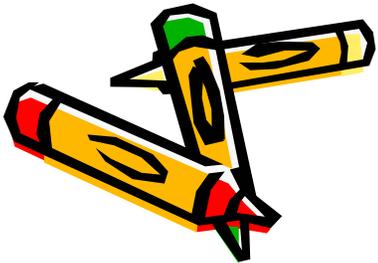
Questions?



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Available Information

- For more information about child developmental topics, our website, www.made4kids.org has several fact sheets and will have articles on special topics in the near future.

