



BOWEL TOILETING TRAINING INFORMATION SHEET ADVICE TO PARENTS/CARERS



- Try to not become anxious or annoyed by the problem.
- Observe child's behaviour for signs of withdrawing prior to soiling, noting place and times.
- Introduce a routine for going to the toilet i.e. after meals and other identified times and allow time for trying to go.
- Watch the child carefully and when they show signs of withdrawing, take them off to the toilet even though they may refuse to sit on it. **Do not force them onto the toilet.**
- Make the toilet room a pleasant, comfortable and safe place.
- If the child uses a potty or insists on using a nappy, still require them to be used in the toilet room; all activities associated with having bowels opened should be focused on and in the toilet area.
- Involve the child in their stool being emptied into the toilet bowl and flushed away.
- Gradually encourage them to sit on the toilet: perhaps wearing pants/nappy at first then progress to getting these removed.
- Teach the child how to clean themselves and wash their hands - make it fun. Nice smelling wipes and soap may help.

- Give lots of praise for compliance. An instant reward system may help e.g. a silver star for sitting on the toilet and a gold star for a poo in the toilet with a treat when an agreed number of gold stars have been earned (pennies or tokens in a jar could also be used). **DO NOT REWARD FOR HAVING CLEAN PANTS!**
- Minimise non-compliance but persist with the prompted and supervised routine.
- Continuity and persistence is essential. The prompted toilet routine should follow the child wherever possible: at school, on holiday, outings etc. You may need to involve teachers, family and friends.
- Even though progress may be slow and erratic the child should develop an understanding that you are the one who will not give in. Persist with your treatment plan until progress is made.
- If you child has hard or very large stool and/or they complain of discomfort on passing stool, increase their fluids, fruit and fruit juice. If the problem persists see your doctor.

NOTES AND QUESTIONS YOU WOULD LIKE TO ASK:

Ref: A. Buchanan in collaboration with G. Claydon 1992, Children Who Soil - Treatment and Assessment, John Wiley & Sons