Toilet skill development: One step at a time

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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
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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