

Handy guide to toilet training and guide to promote healthy bladder and bowels



Are You Ready?




Are you able to prioritise the time? Its good to have a quieter time where you may be at home more to give your child time to support toileting.


Read story books on toilet training and/or apps with your child so they are aware of what to do, also keep it fun, you may want to think of a reward system that works for you and your child.


Is your toilet suitable? Is it welcoming? What equipment works best for you?
Do you need a toilet seat and step or do you want to try a potty or both?



Keep all equipment for toileting in your bathroom so your child sees that toileting happens in a bathroom.


(Please see guide on sitting positions). Consider referral to OT for children who may need additional equipment.


Pull ups vs pants vs nappies? Pull ups are just like a nappy they are just a different shape. Using nappies/pull ups could cause confusion and prolong the process unnecessarily.


Pants will become wet so be prepared for accidents....they will happen!
Have lots of spare pairs of pants.


You need to have clothes for your child that they are able to pull up and down easily.


Be consistent

Signs that I'm ready to start to toilet training



Is your child Aware of wees and poos?



Do they have a regular working bowel with no signs of constipation?



Do they eat a good balanced diet and drink plenty of fluids to keep their bowels and bladder working well?



Have you noticed that they are able to hold their bladder for several hours, with dry nappies or pants



Can your child manage their own clothes and dressing when they use the toilet? If not you can begin to practice this



Can your child manage to wipe themselves? This may take time and lots of practice so its good to start encouraging self care skills like Washing their hands and flushing the toilet.





with you, for you

NHS

Gloucestershire Health and Care
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Building A routine



Adult led

Avoid saying 'do you need the potty/toilet?'
Say 'it's time to use the potty' every 2 hours



Child to sit on toilet or potty for a minute of their age



Have a selection of toys or books within the bathroom to keep child occupied when sat on toilet/potty



Stay with your child when they are sat on the toilet/potty...talk to them, sing to them



Boys to be sat on toilet as they are not yet aware that they need to empty their bowels



Remember to reward each step however small, keep it positive and be aware of how you are feeling. Have realistic expectations- your child is learning a new skill so this may take time.



Keep the fluids up...to keep the bladder full

- Water is best
- Minimum 6- 8 glasses a day
<https://www.nhs.uk/news/food-and-diet/six-to-eight-glasses-of-water-still-best/>
- Keep water available throughout the day
- Avoid fluids with caffeine in such as tea, coffee, fizzy drinks and limit milk to 2-3 small cups a day.
- Eat 5 portion of fruit and vegetables
<https://www.nhs.uk/change4life/food-facts/five-a-day>
- Watery fibre may be good for some children such as cucumber, watermelon, melon

Drinks to encourage	Drinks to avoid
 <p>Water base drinks</p>  <p>Water is Gold standard</p>  <p>Milk</p> <p>Sugar free very diluted squash</p>	 <p>Fizzy drinks</p>  <p>Caffeine</p>  <p>Red juices</p> 

Eat a balanced diet

Having a balanced diet that includes fibre from fruit, vegetables, cereals (like oats, wheat and bran) and wholemeal bread keeps the bowel healthy.

Fibre helps to retain fluid in the poo and will keep it soft and easier to push out.

- Include a variety of high-fibre foods in the family's diet such as wholemeal/granary bread, fruit and vegetables.
- Include dried/canned fruit in natural juice, fresh fruit eaten with the skin on as well as vegetables, particularly beans, peas, sweetcorn and pulses such as lentils.
- Choose a higher-fibre breakfast cereal such as Weetabix or plain shredded wheat, or porridge.
- 2 to 5 year olds need around 15g of fibre a day.
- <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Keep active

Exercise sends blood to the gastrointestinal tract which helps move food waste through the bowels quickly and easily.

Running around and playing will help keep the bowels healthy. Aim for 30 minutes of activity a day.

Lack of physical activity can cause your child's bowel to become sluggish and lead to constipation.