

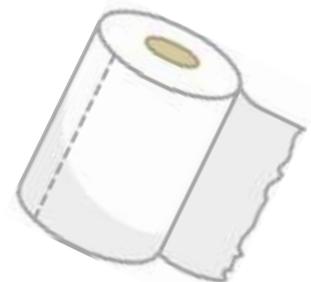
A Helpful Guide to
Managing Continence.

St. Augustine's Catholic Primary School



Helpful guide to preparing
yourself and your child for
starting School in September.

May 2021 edition



Introduction

Toilet training is considered to be achievable between 2- 3yrs old. Using disposable nappies has, over the years, increased this age, however being continent is such an important milestone and one which is generally expected to be achieved before starting school. This booklet will hopefully give you some important information on how to start to look for 'the signs of readiness' for toileting, so that your child can have a happier start to their schooling.

Being continent is a real milestone in a child's achievement and it ensures that they make the best possible start to school in September. Being able to use the toilet independently allows children to gain greater access to the curriculum and enables them to have a happier experience while in school. Whilst being in school they are able to make the most of all the learning experiences available to them as time is not being wasted 'being changed'.

To help you prepare your child for September you may find the following information useful. If your child is finding toileting difficult please use the contacts in the booklet as a way of gaining further information.

Toilet Readiness

The most important part of toilet training is having a calm attitude and creating a good routine. Emptying of the bowel and bladder is at first a reflex action until they are old enough to start to control their bladder. This usually occurs around the age of 2. Your child will be able to control their bowels before they can control their bladder.

The sequence is usually as follows :

- First, bowel control at night
- Next, bowel control during the day
- Then, bladder control during the day
- Finally, bladder control at night



Signs of Readiness

There are signs that you should look for to know when your child is ready for toilet training.

- Can manage to stay dry for at least two hours
- Regular or predictable bowel movements
- Indicating the bowel/bladder movement is occurring (i.e. stopping to concentrate, showing signs of discomfort, telling you they are wet/soiled, reddening of the face)
- Able to start to understand simple instructions, 'find your potty', 'do you need a wee?'
- Able to sit on the potty with only a little help
- Show a desire to please, co-operate and enjoy praise
- Showing an interest in others using the toilet and wanting to imitate

First Steps and Handy Hints...

Always choose a good time to start toilet training, avoid times of change, e.g. the arrival of a new baby, moving house etc.

- Ensure you purchase a sturdy potty that won't tip up.
- Involve your child in purchasing 'their' own potty and pants.
- Explain what the potty is for and encourage them to sit on it but not use it as a toy.
- Talk to them about 'wees' and 'poos' (or your own terminology) when changing them and encourage them to understand the feeling of needing to pass urine.
- Read stories about potty training as this will help with understanding the need for potty training.
- Ensure your child's clothes are easy to pull up and down without fiddly buttons or fasteners.
- Sit them on the potty for no longer than 2 or 3 minutes.
- Try making toileting time a special time by singing rhymes or reading a book.

First Steps and Handy Hints cont...

- Show pleasure every time your child wees or poos in the potty.
- Accidents will happen and they are all part of the learning process. Clean them up calmly and never punish your child as this may make them worry more.
- The normal number of times to go to the toilet for a poo is anything between 3 times a day to 3 times a week. It is normal for the urge to have a poo to occur after eating a meal, particularly after breakfast.
- Ensuring that children understand the importance of washing their hands after using the potty/toilet and before eating are important routines to establish.

The best tip is to develop a routine and stick to it. Sit your child on the potty at regular intervals; at first this may be every 60 minutes. If your child is dry after 60 mins, gradually increase the time until it is two-three hours. When your child sits on the potty, praise and encourage them, as this helps them to feel good about what they are doing. Above all, be consistent with routines and adapt journeys, shopping trips (etc.) whilst going through the process.

Soiling Issues

Children soil themselves when they poo in their pants or other inappropriate places. For younger children this may be because they are still learning to recognise when they need a poo. Just soiling is often caused by:

- Withholding a poo (avoiding going to the toilet)
- Fear of the toilet (sometimes associated with pain and discomfort)
- Lack of toilet routine
- Resistance to toilet training and an insistence that a nappy be put on to poo.
- Too little fibre or low fluid intake in the diet.



Be Patient!

There will be frustrations and for some children this can be a quick process and for others it can take a long haul. The most important thing is to:

be consistent, be positive, provide lots of praise and make your child feel special and clever!

A child can be considered potty trained when they are able to use the potty/toilet independently. This means they know when they want to go and react independently. Wiping can take a while to master and is quite difficult to start and you will need to help them to start with.

Promoting Bladder and Bowel Control

There are some basic steps which can aid children to have healthy bladders and bowels.

- Drinking 6-8 drinks per day of water based drinks can help with bowel and bladder health.
- Drinking water based drinks should be encouraged
- Drinks with 'caffeine' can irritate the bladder. Sometimes excluding dark coloured drinks (such as black current cordial) can improve wetting for some children .
- Promote a healthy diet—5 portions of fruit and vegetables a day will help to maintain healthy bowels.
- Exercise helps stimulate the muscles in the bowel and help maintain a regular bowel movement.
- Good routines when it comes to toileting is particularly useful.



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Useful Contacts / Who Can Help?

For a very small percentage of children, toilet training may not be achieved in time for September. If you are finding toileting difficult please talk to your health visitor who will be able to offer support and advice. Contact them especially if you have tried toilet training and you feel that there may be underlying medical problems which may need further support.

Contact your child's health visitor for advice and support

- ERIC (Education and Resources for Improving Childhood Continence).
Registered charity which offers information and support.
- www.eric.org.uk
- Solihull Approach— Solihull's parenting website