Positive Thinking about Toilet Training in Children

Information Leaflet
Women and Children’s Division Children and Young People's Service
‘Don’t feel like you are on your own!
1 in 12 children in the UK have a continence problem’
Eric(2010)

Toileting

Make the toilet a pleasant place to be e.g. warm, accessible height, tissues/wipes available, with trips to the toilet about every 1-1 ½ hours Encourage your child to toilet last thing before sleep. Use distraction activities but ensure your main focus is on the bladder. (NICE 2009)

Expectations

Try without using nappies/absorbent pants. Look for any small signs of progress. Expect progress and accidents. Be realistic about your goals. Patience, hard work and effort is required

Rewards
Praise/reward improvements
Be consistent
Wait no longer than 10 minutes on the toilet
Use communicational tools your child understands
Involve your child in buying new pants etc.
If necessary, break the task down into small achievable steps

Bladder control

✓ Encourage your child to feel bladder sensations when full
✓ Complete charts provided accurately and with as much information as possible.
**Fluids**

✓ Increase daytime drinks - 7pm last drink,
✗ Avoid fizzy drinks
✗ Avoid blackcurrant, coffee and tea

**Waking**

✓ Stop lifting during the night
✓ Ensure your child is awake if you toilet him/her during the night.

**Keep it POSITIVE**

✓ Don’t blame your child or yourself
✓ Don’t think you have failed
✓ Focus on improvements
✓ Plan a treat for yourself when things go well.

**Your Feelings**

✓ Be Patient
✓ Be honest if you are struggling
✓ Keeping calm to help reduce your child's anxiety
✓ Don’t feel guilty
✓ Try not to loose your temper
✓ Share your feelings with others.
Help from others

Talk to your Community Nurse who will be happy to help you. Ensure your School Nurse is aware of any continence programme that has been set up. Check if school have resources/facilities readily available and involve any respite care services.

Alternative resources

Your GP, Enuresis Clinic- 7+ years, Paediatrician, Child and Adolescent Mental Health Services.

How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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