



Parent Notes

# Resources

Toilet Learning

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## Resources and services

The following organisations can provide information about continence services in your local area and details about any financial assistance available through government funding.

### **National Continence Helpline**

The National Continence Helpline is staffed by continence nurse advisors who can provide advice, literature and information about services available in your local area.

Freecall: 1800 330 066  
Monday to Friday 8am – 8pm

### **Paediatric Continence Association of Australia**

The Paediatric Continence Association of Australia is a volunteer-based health organisation dedicated to providing education, information, support and advocacy for children and young people who suffer incontinence.

P: 1300 885 209  
E: [mail@pcaa.org.au](mailto:mail@pcaa.org.au)  
W: [www.pcaa.org.au](http://www.pcaa.org.au)

### **Independence Solutions**

Independence Solutions is a specialist provider of healthcare products and services, including a range of continence products. An online catalogue is available through their website.

P: 1300 788 855  
E: [customerservice@independencesolutions.com.au](mailto:customerservice@independencesolutions.com.au)  
W: [www.independencesolutions.com.au](http://www.independencesolutions.com.au)

### **Victorian Continence Resource Centre**

The Victorian Continence Resource Centre can help you find the nearest service and discuss suitable resources to help your child with toilet learning.

283 Cotham Road, Kew, VIC 3101  
P: 03 9816 8266  
F: 03 9816 8366  
W: [www.continencevictoria.org](http://www.continencevictoria.org)

# Resources and services

## Books

Many bookshops have children's books that discuss how to use the toilet. When choosing a book, read it to make sure it teaches toileting skills using the same routine as you are using (e.g. look for a book that uses a toilet not a potty).

## *Are you Ready? DVD*

*Are You Ready?* is a useful toilet training resource designed for children with an intellectual disability. The DVD includes an animated story called 'Tom's Toileting Triumphs'.

The animated story explores Tom's quest to learn toileting skills and is suitable for both boys and girls. A female character called Emily is also in the story. The story is quite graphic, showing children passing urine and having a bowel motion into the toilet.

It illustrates:

- the feelings or signs that tell us we need to go to the toilet
- what to do when using the toilet and
- hygiene associated with toilet use.

Watching the DVD with your child will provide lots of opportunities for you to talk about toileting experiences and understand toileting language.  
(Running time: approx. 8 minutes)

### **Contact details:**

Service SA  
GPO Box 1707  
Adelaide South Australia 5000  
P: 132 324  
F: 08 8204 1909  
E: [servicesa@saugov.sa.gov.au](mailto:servicesa@saugov.sa.gov.au)  
W: [www.service.sa.gov.au](http://www.service.sa.gov.au)

# Getting prepared

Learning toileting skills involves lots of practise on the toilet. Before you start toilet learning, make sure your toilet is a safe environment for your child.

CHECK	TIPS
Is my toilet/bathroom area free from bottles of cleaning products, chemicals and medications?	Make sure your toilet/bathroom is a child-friendly room and that there is no potential for harm.
Does my child have a range of loose, washable clothing that he can easily remove?	Your child can wear loose underpants, boxers, short or tracksuit pants, t-shirts or tops (not dresses or skirts).
If my child can sit on the toilet is he balanced and relaxed? Are his feet well supported by either a step (available at most department stores or specialist stores), a box or (for older children) the floor?	<p>Make sure your child can sit on the toilet without holding on to the edge.</p> <p>Also make sure your child can sit on the toilet with both feet flat on a hard surface. His feet should not dangle or be on tiptoes.</p>
Does my child need a toilet seat?	A toilet seat, also called a toilet reducer (available at department stores and specialty stores), can be fitted over the top of the adult seat. Your child might feel safer and more relaxed sitting on a seat with a smaller opening. The reducer needs to fit firmly over the toilet seat and not move or slide around.
Do I need another set of toileting equipment for another location?	If your child spends a considerable amount of time at another place you may need to buy another set of toileting equipment.
Are the toilets at my child's child care/ kindergarten/playgroup/early intervention program etc. suitable?	Most schools and children's centres have smaller and lower child-size toilets so additional toileting equipment is not necessary but it is still worth checking to ensure your child can use the toilet easily.

# Toilet learning book

## What is a toilet learning book?

A toilet learning book is a short story used to describe preferred toileting behaviour (also called a social story). They explain a real-life situation and describe the acceptable behaviour.

When you are making your own toilet learning book try to make it specific to where your child is up to at the moment and relevant to your child's skill level. Consider making it flexible so you can add or remove steps in toilet learning as your child masters skills and takes on extra ones.

Taking pictures of your child completing the skills that are included in the story will make it seem more interesting and relevant to your child. If your child is not keen on having his photo taken you could use his favourite doll or teddy as your model. Or you could draw pictures.

## Privacy guidelines

If you choose to take photos of your child for a toilet learning book to use in the home and at your child's school, following guidelines will help protect your child's rights to privacy. It's important to have a written privacy agreement with the school or anyone else who needs to use the storybook with your child.

- Don't take photos of your child naked. You can just pull his pants down and not his underwear. When taking a photo of your child sitting on the toilet, ensure that you are at an angle which doesn't expose his genitals.
- Keep book in a safe place and allow only selected family members and carers to use. It is inappropriate to have it lying around the house for all to see.
- Destroy the negatives or delete the photo from your computer once you have made the book.
- Once you no longer require the book, destroy it.
- If you want your child's school to use the toilet learning book, you are strongly advised to have a written statement to be signed by you, the principal and the class teacher. This document should specify who has access to the book, how long it will be used and what will happen to it when it is no longer needed.

Books that require photos of your child clothed do not need to adhere to these strict guidelines.

## Example of a toilet learning book

### Cody's toilet learning book

- Page 1    This is Cody.
- Page 2    When Cody feels like his wee needs to come out he goes to the toilet.
- Page 3    Cody pulls his pants down and climbs onto the toilet.
- Page 4    Cody sits and lets his wee go into the toilet.
- Page 5    Cody climbs off the toilet and pulls his pants up.
- Page 6    Cody flushes the toilet.
- Page 7    Cody washes and dries his hands.
- Page 8    Cody's mum and dad are very proud of him.

Take photos that relate to the written words on each page. It's important to use positive images; for example, page 8 could include a photo of the whole family or someone that Cody is particularly close to hugging, all with a big smile on their faces.

# Sample Action Plan

## Sample Action Plan

<b>Module 1</b>	Specific description of difficult behaviour:	Screaming when being taken to the toilet
	Measure this by:	Number of toilet visits & number of times screaming occurred
<b>Module 2</b>	My child's strengths are:	<ul style="list-style-type: none"> <li>» Walks independently to toilet</li> <li>» Pants up/down independently</li> <li>» Understands what is said</li> <li>» Can make choices, e.g. food, DVDs</li> <li>» Copies other children</li> </ul>
	I am building strengths by:	Labelled praise for following instructions & for tasks done independently
	I am using effective instructions for:	Toilet visits – to remind child of rules, to initiate toileting
	House rules:	<ul style="list-style-type: none"> <li>» Go straight to toilet when told</li> <li>» Use a quiet voice</li> </ul>
<b>Module 3</b>	The purpose of my child's difficult behaviours were:	<ul style="list-style-type: none"> <li>» To gain attention</li> <li>» To escape an activity</li> </ul>
	The alternate behaviours I selected were:	Using quiet voice during toileting
	Triggers provided:	Reminder of rule
	Positive consequences:	Labelled praise, favourite activity immediately following
	Negative consequences:	Ignore screaming & continue activity (no consequence)
<b>Module 4</b>	Daily routine selected:	Routine for bedtime, including toilet visits
	Planned Activity Routine:	For when other children are in the house

## Sample Action Plan (continued)

<b>Module 5</b>	The new skills I am teaching my child are:	Washing hands
	The method of teaching I have chosen:	Teaching by showing
	I will liaise with teachers by:	» Communication book » Telephone
<b>Dealing with Stress</b>	The stress triggers I could avoid more often are:	Children squabbling after school (see daily routine)
	I practise relaxation (when):	When the children are in bed, for 15 minutes
	I practised positive self-talk for the following stress triggers:	When my child has had a toileting accident
<b>Your family as a team</b>	A family problem was:	Siblings 'accidentally' rewarding wetting/soiling accidents
	The possible solution to this family problem:	» Family meeting » Rules about the siblings' role » Reward siblings' cooperation

# Toileting Skills

Your child might be able to do some of these toileting skills. Tick off whichever skill your child learns.

- ☐ Alert a parent to the need to attend the toilet by talking, signing, pointing, and pictures.
- ☐ Know where the bathroom is.
- ☐ Know where the toilet is at home and/or at school.
- ☐ Get to the toilet, walking assisted or unassisted.
- ☐ Open door to the toilet.
- ☐ Step into position.
- ☐ Lift the toilet lid.
- ☐ Put the toilet reducer (kids' toilet seat) on the toilet.
- ☐ Pull pants down.
- ☐ Pull underwear down.
- ☐ Climb onto the toilet.
- ☐ Sit on the toilet.
- ☐ Do wee in the toilet.
- ☐ Do poo in the toilet.
- ☐ Find the toilet paper.
- ☐ Unroll the right amount of toilet paper.
- ☐ Wipe bottom.
- ☐ Put dirty toilet paper in the toilet.
- ☐ Climb off the toilet seat.
- ☐ Pull underwear up.
- ☐ Pull pants up.
- ☐ Flush the toilet.
- ☐ Place toilet lid down.
- ☐ Turn on the tap.
- ☐ Rub hands with soap.
- ☐ Rinse hands.
- ☐ Turn off the tap.
- ☐ Know where to find a towel.
- ☐ Dry hands.
- ☐ Follow simple instructions (e.g. go to the toilet).

(Your child's individual needs might require other skills.)

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

# Pants Check

**Child's name:** \_\_\_\_\_ **Week starting (date):** \_\_\_\_\_

Use this pants check chart to record when your child is passing urine and bowel motions while wearing underwear, nappies or pull-ups. Only replace the wetness indicator if it is wet or soiled.

Day of week																		
Time	pants	toilet	pants	toilet	pants	toilet	pants	toilet	pants	toilet	pants	toilet	pants	toilet	pants	toilet	pants	toilet
6am																		
7am																		
8am																		
9am																		
10am																		
11am																		
12noon																		
1pm																		
2pm																		
3pm																		
4pm																		
5pm																		
6pm																		
7pm																		
8pm																		

KEY: W = Wee (in pants or toilet); P = Poo (in pants or toilet); D = Dry (pants);

# Toileting Opportunities

Child's name: \_\_\_\_\_ Week starting (date): \_\_\_\_\_

Day of week																	
Time																	
6am																	
7am																	
8am																	
9am																	
10am																	
11am																	
12noon																	
1pm																	
2pm																	
3pm																	
4pm																	
5pm																	
6pm																	
7pm																	
8pm																	

KEY: T = Toilet Opportunity; WT = Wee in toilet; PT = Poo in toilet; WA = Wee Accident; PA = Poo Accident;

## Toilet learning stickers

