

Paediatric Bladder and Bowel Care Service Training and Education



Nappy to Potty – A Parents Guide



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A New Milestone

Toilet training is like any other milestone in your child's development.

- Your child will achieve success when he/she is physically ready.
- There should be no pressure to train your child unless the time is right.

A realistic age to begin to think about toilet training is between 18 mths – 3yrs old. Most show signs that they are ready between 2 and 3 yrs old.

REMEMBER: Every child is different!

Ages and Stages

- By the age of 3yrs, 9 out of 10 children are dry during the day.
- By the age of 4yrs, **most** children are reliably dry.
- Between 4 and 5yrs, **most** children learn to stay dry at night.

However, there are some exceptions...

A delay in toilet training can happen for a number of reasons, including bladder or bowel problems, processing or sensory disorders, or disability.

How will I Know my Child is Ready?

It is not always easy to recognise signs of readiness. Toilet training works best when your child shows any of the following signs:

- Has a good level of understanding, the ability to follow instructions and communicate?
- Has the ability to sit on the potty/toilet?
- Has an awareness of feeling wet/dirty?
- Has no signs of constipation
- Can indicate when they need a wee?
- Can indicate when they have done a wee
- Is able to pass soft poos at least 4 per week

The gap between wetting should be at least 1 – 1 1/2 hrs

Healthy Bladders and Bowels








For toilet training to be successful it is important that you check whether your child has a healthy bladder and bowel. Ask yourself:

- Can they wee and poo without pain?
- Can they stay dry for at least an 1hr/1hr ½ between wees?
- Do they pass soft poos at least 4 times in one week?
- Do they consume sufficient drinks daily? **(At least 6 - 8 cups.)**

Bristol Stool Chart

THE BRISTOL STOOL FORM SCALE (for children)

choose your **POO!**

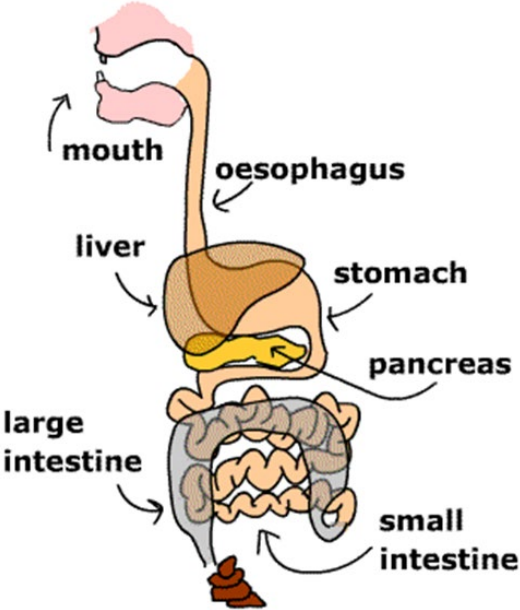
type 1		<p>rabbit droppings</p> <p>Separate hard lumps, like nuts (hard to pass)</p>
type 2		<p>bunch of grapes</p> <p>Sausage-shaped but lumpy</p>
type 3		<p>corn on cob</p> <p>Like a sausage but with cracks on its surface</p>
type 4		<p>sausage</p> <p>Like a sausage or snake, smooth and soft</p>
type 5		<p>chicken nuggets</p> <p>Soft blobs with clear-cut edges (passed easily)</p>
type 6		<p>porridge</p> <p>Fluffy pieces with ragged edges, a mushy stool</p>
type 7		<p>gravy</p> <p>Watery, no solid pieces ENTIRELY LIQUID</p>

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based on the Bristol Stool Form Scale published
by GEM Candy, Reader in Medicine at the
University of Bristol
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Limited, manufacturer of Movicol Paediatric Plain

MOVICOL[®] Paediatric Plain
macrogol 3350, sodium bicarbonate, sodium chloride, potassium chloride

How a Healthy Bowel Works

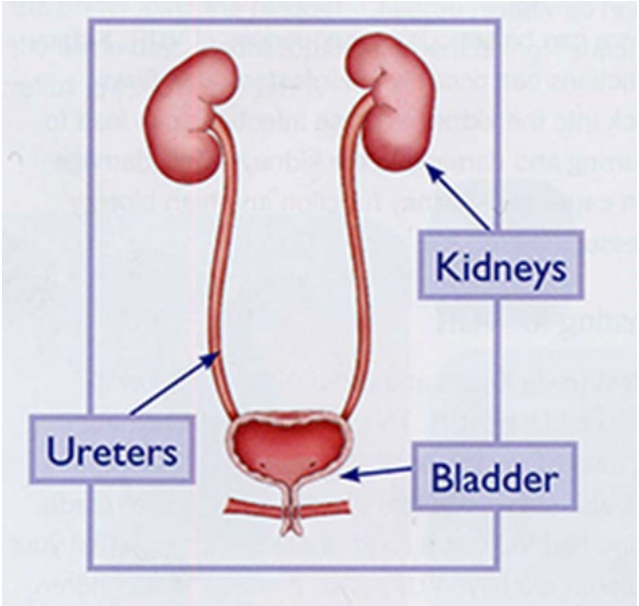
The Poo Factory



- Once eaten and chewed food enters the **Stomach**
- The food then travels to the **Small Intestine** where the healthy nutrients re route to the rest of the body
- The remains travel to the **Large Intestine** where strong muscles help the poo to travel along The body soaks up the water content turning the poo into a smooth sausage shape.
- The poo reaches the **Bottom**, sending a signal to the brain to alert us that we need to visit the toilet to pass a poo.

How a Healthy Bladder Works

The Wee Factory



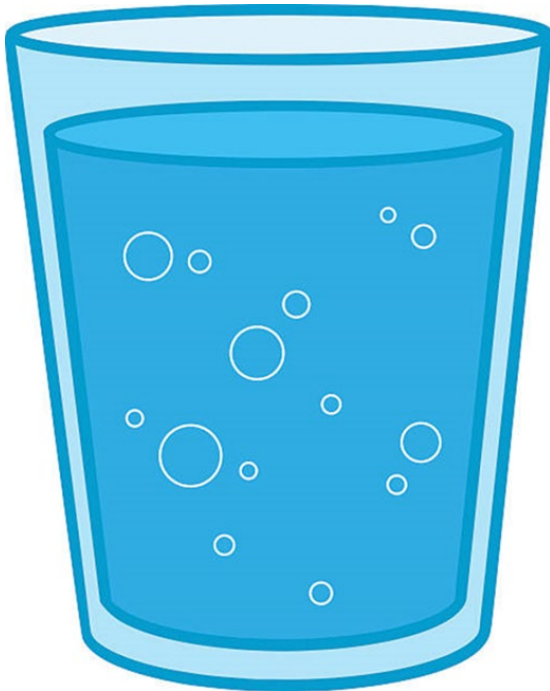
- Like the body makes a poo after we eat/drink, it also soaks up the water and enters the bloodstream.
- Blood pumps through the **Kidneys** which filters out what it doesn't need – wee.
- Wee travels down the **Ureters** into the **Bladder**
- The **Bladder** is a muscle. It fills up with wee and stretches, sending a signal to the brain to alert us that we need to visit the toilet to do a wee.
- Wee travels out of the bladder through the **Urethra** and releases into the potty/toilet by relaxing the muscles.

The Importance of Fluids

From being fully weaned it is important that your child starts to have drinks in a regular pattern throughout the day. Enough fluids consumed on a daily basis will allow the bladder and bowel to work efficiently and help to alleviate constipation.

Keeping your child hydrated will help them concentrate better too.

How Much?



- Encourage a water based drink with every meal and also another drink midway between meals.
- Try to limit milk intake to not more than a pint a day.

A child should consume at least.....

6-8 cups of drink per day

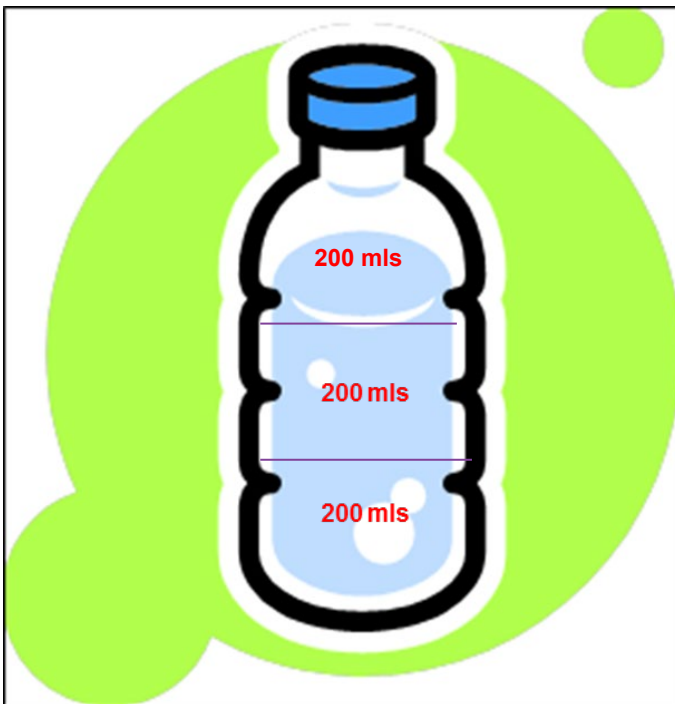
A Good Drinking Routine

Be a good role model and build in a routine whereby as a family you sit down at the table and have a complete cup of drink together. The following times would be considered best practice:

- Breakfast
- Mid Morning
- Lunch
- Mid Afternoon
- Teatime
- One hour before bed

Any additional fluids are a bonus and should not be discouraged

Monitoring Drink Levels



In order for a consistent approach to drinking fluids between home and setting/school, it would be good practice for your child to take a **full** clear drinks bottle in with them each day. The bottle should be marked into three sections. Your child should be encouraged to drink...

- Down to the first line at morning break
- Down to the second line at lunch
- The remainder at afternoon break.

The Nappy Test

Once regular fluids have been introduced and maintained for at least a couple of weeks, it is important to assess whether your child's bladder is holding and emptying efficiently. At this point you need to carry out a **'Nappy Test'**. This will inform of toilet readiness:

- Buy some good quality kitchen paper
- Choose a free weekend or couple of days to carry out the test
- Line each nappy with a folded sheet of kitchen paper
- Check the nappy every 1 ½ hrs from the first change in morning and record whether it's wet or dry
- After this period, check the recordings and if the nappy has been more dry than wet its time to swap the nappy for cotton pants!

Why Pants not Pull Ups?

There is a tendency that families make the transition from nappy to pants by using pull-ups. Please promote them not to do so...

Cotton Pants

- Are considerably less absorbent
- Children will feel if they are wet
- Are easy to pull up and down
- Are cheaper to buy
- Are washable

Pull Ups

- Draw moisture away from body
- Children will not feel if they are wet
- Are difficult to pull up and down
- Are expensive to buy
- Are disposable

To bridge the gap to help a child to recognise the feeling of being wet, a child can wear cotton pants under the nappy.

Being Prepared for Toilet Training

- Buy a strong potty with a rigid base.
- Be mindful of clothing – is it easy to get on and off?
- Supply the setting/school with sufficient spare clothing
- Go shopping together for some ‘Big boy/girl’ pants
- Decide what you are going to call wee and poo.

Accidents will happen. Be prepared!

If you child attends a setting/school:

Have a discussion with a member of staff and make a plan to support your child during the toilet training process.

Let's Go

- Leave a potty in a downstairs toilet or in the bathroom
- Read or look at storybooks with your child about using a potty/toilet
- Be open as a family about using the toilet
- Encourage potty/toilet sits after mealtimes for just a few minutes
- Introduce distraction toys to encourage a long enough sit (approx 1 min per age up to 4 yrs of age, then 5-10 minutes from 4 yrs onwards)
- Reward for **sitting** on the potty not just for performing on it

REMEMBER: Gentle reminders and prompts

Not Happening?

If your child does not feel happy about sitting on the potty consider using the toilet instead.

If for any reason your child is not quite ready for toilet training stop the process and return to it in a few weeks time.

“If at first you don’t succeed try and try again!”

Potty to Toilet

Sitting on the toilet is the next step after sitting on a potty. For MOST it will be a natural progression. For others its won't be so easy.

Things to consider:

Provide a step to...

- Help your child get on to the toilet.
- Provide a rest and good base for their feet. **(Important for pooing)**

Consider...

Fitting a childs toilet sest inside the stadard seat to provide security and stability

Out and About

- Continue to encourage toileting training when out and about to maintain consistency
- Be prepared by taking a sufficient supply of clothing with you
- Line the car seat and buggy with a plastic bag or disposable mat in case of accidents
- Consider carrying a portable potty with you

BE CONSISTANT, FLEXIBLE AND ALLOW TIME

Needing a Nappy to Poo

Some children feel more secure to do a poo in a nappy. Consider the following to change this:

- Ensure nappies are kept in the bathroom area.
- Most likely, your child will have a regular time to do a poo. Try to encourage a potty/toilet sit at this time with or without wearing a nappy.
- If wearing a nappy, gently see if your child will let you remove the nappy or loosen the tabs.
- If able, remove the nappy and line potty or toilet with it to catch the poo.
- If really reluctant, you could make a hole in the nappy, so the poo can drop through.
- Involve your child in emptying the nappy contents down the toilet and flushing the poo away.

Recap

- Encourage your child to drink between 6 – 8 cups of fluid per day.
- Everything should take place in the bathroom area.
- Try changing your child whilst they stand, rather than lying them down.
- Encourage boys to sit **not** stand whilst toilet training
- Be consistent, keep calm, keep positive. There will always be accidents!

Helpful Information

Take a look at these useful websites

- www.eric.org.uk
- www.bbuk.org.uk

Where to get Support

If toilet training is not progressing for whatever reason, please contact the following for advice:

- **Your GP**
- **Your Health Visitor/School Nurse**

Public Health Nursing Hubs (Health Visiting/School Nursing):

SOUTH:	0333 234 1901
EXETER:	0333 234 1902
EAST:	0333 234 1903
NORTH:	0333 234 1904
TORBAY:	0300 333 5352

Thank you for Listening



Any Questions?

