

## I don't think I am ready because of a family crisis, what do I do?

When you start toilet training, your child will need a lot of support and patience from you and other family members. If you are experiencing a difficult crisis within your family, it is best to wait until you feel prepared but try not to delay toilet training for too long, as it can make it more challenging.

## How do I know if my child is constipated?

Constipation can easily go undetected. A lot of parents think that when their child has watery type poos several times during the day, they have either a bug or a food intolerance. However, this is quite likely to be a symptom of constipation.

When a child is passing excessive watery poo, this is called 'overflow' but constipation can also mean your child is not having many poos. National Institute for Health and Care Excellence (NICE) guidelines advise that a child should poo more than three times a week. This is why it's vital our Specialist Nurses can help detect this by looking at your child's completed bowel diary. If your child is constipated they will prescribe a course of Macrogol, a gentle laxative that only adds water to your child's poo to help soften it.

When prescribed a course of Macrogol, it is called 'Disimpaction'. This means for a few days your child will have **lots** of watery poos (and accidents) to help clear out the hard poo stuck in their bowel.

Once your child passes watery poos, you will be advised by the specialist nurses to follow a maintenance dose for your child to ensure that your child's bowel has recovered and that they are passing sausage shaped poos, with no discomfort.

## Resources and Equipment

### What can I buy to help with toilet training?

We would strongly recommend having a suitable toilet seat and step to help support your child whilst they sit on the toilet. It is very important that your child feels comfortable but is also in the correct position when they are using the toilet.

### My child will not sit on the toilet for very long, what can I do to encourage them to sit for longer?

There are a few things you can buy or prepare to encourage your child to sit longer on the toilet. Having a basket of toys by the toilet is a great way to encourage your child to sit on the toilet for longer. This can include bubbles, sensory toys or animal figures.

We also find that having a reward system can help to motivate your child to use the toilet. This can be a sticker chart or token jar with marbles as a reward. But no great resource can replace the support from **you**, the parent.

It is vital that throughout your child's toilet training, you continue to be positive and enthusiastic with their progress. We always say, reward the process not just the outcome.

## Toilet training children with additional needs

### Information for parents

### Paediatric Bladder and Bowel Service

Tel: 01270 826360

Email:

ccicp.communitybladderbowelservice@mcht.nhs.uk

Opening Times:

Monday to Friday, 9.00am – 5.00pm  
(excluding Bank Holidays)

This information is available in audio, Braille, large print and other languages. To request a quote telephone 01270 826360.



## Paediatric Bladder and Bowel Service

### How is my child referred to your service?

If your child has any ongoing issues with toileting, such as soiling or wetting in the day or night, speak to your GP or School Nurse, they will be able to advise and support your child with a toilet training plan over three months. If things do not improve, then you can speak to your GP and request a referral to our service.

### Can my child with additional needs be toilet trained?

Experts agree that nearly all children with additional needs are able to achieve full day and night-time dryness. The younger the child is, the quicker they will become dry day and night. With our support, your commitment and working alongside other professionals, we will be able to achieve toilet training.

### Meet the Team

A community-based team of experienced Specialist Nurses and an Assistant Practitioner run the Paediatric Bladder and Bowel Service. We provide support, advice and treatment to children and young people with bowel and/or bladder problems including those with neuropathic bladder and bowel (dysfunction of urinary bladder or bowel).

We are here to support you and your child to achieve their full potential and become independent with using the toilet.

If you have any questions or concerns, please contact us on 01270 826360.

### The Team



Claire Smith  
Clinical Lead



Samantha Tapscott  
Paediatric Specialist  
Nurse



Vicki Dixon  
Paediatric  
Specialist Nurse



Alicia Rose  
Assistant Practitioner

### How will the team support my child?

We can support you and your child in different ways. The Specialist Nurses will regularly keep in touch to assess your child's bladder and bowel. This may be in clinic, a phone call or a video call. You will have follow up appointments around every eight weeks.

Our Assistant Practitioner will also keep in touch in-between assessments and be by your side through each step of your child's toilet training journey.

We will also liaise with school and other professionals to ensure that there is good continuation of care. Also there is an online workshop to help guide you through each stage of toilet training. These workshops are a good opportunity to ask questions and gain more ideas about toilet training.

### Toilet Readiness

#### Where do I start?

Knowing when your child does their wee and poo is a great way to get started, this can be done by completing a Bladder and Bowel diary over two weeks. Completing this will also help our Nurses look out for signs of undetected constipation which can easily be missed.

#### Why doesn't my child tell me when they need to poo?

There may be a number of reasons why, such as limited speech or that they communicate in their own way. With lots of resources available, support from our Nurses and working alongside other professionals, we will be able to create a toileting plan that will help your child triumph with their toilet training.