

Children's Community Nurse for  
Learning Disability  
Children with Disabilities Service



# Toileting Advice





## Toilet skills assessment - checklist

- Bladder function
- Ability to sit
- Bowel Function
- Any indication of awareness
- Any dressing/ undressing skills
- Any appropriate use of potty/toilet
- Respond to basic commands

## Routine for nappy changing

- Start changing the nappy in or near the bathroom
- Change the standing position
- Empty poo into the toilet
- Encourage your child to flush the toilet and wash their hands

**Bristol Stool Chart**

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. <b>Entirely Liquid</b>

Normal stools (poo) are type 3-5

## **Fluid intake**

- Quantity depends on age, size and activity
- More if obese/ active or hot weather
- Divided evenly during the day
- Half in school hours
- Avoid an hour before bed
- Aged 4-8 should have around 900-1000ml per day
- Aged 9-13, female should be 1200-1400ml and males 1400-2300ml

## **Prevention is better than cure**

- Structured bowel movement programme
- Monitor stools (poo)
- Check fluid intake
- Review diet
- Check positioning
- Consider massage and reflexology etc.



## **Problems can occur due to:**

### **Not sitting**

- Uncomfortable with the environment
- Bored
- Not clear about what is expected
- Anxiety
- Feeling unsafe or unstable
- Feeling uncomfortable with the toilet seat
- Distracted



### **Not weeing or pooing in the toilet**

- Poor timing of sitting
- Does not know what is expected
- Mixed messages if using nappy part of the time
- Constipation or abdominal pain
- Discomfort or anxiety
- Distractions
- Disincentives

### **No sensation of wetting**

- Use a small piece of toilet roll in child's underwear instead of wearing a nappy, this will give them the sensation of wet.

### **Smearing**

- Consider whether they are constipated or sore
- Limit access to nappy area
- Provide other sensory experiences
- Try not to react in front of the child