

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



# **Toileting Advice**

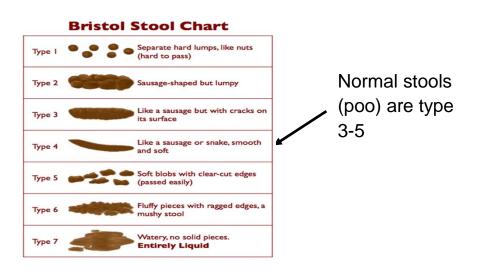


# **Toilet skills assessment - checklist**

- 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





# 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

