

# Toileting Resource Pack



# How to use a toilet schedule

Visuals can help children understand what is expected of them.

A schedule can help a child organise what they need to do.

Talk through with your child the toilet schedule, showing them each step.

Place the schedule somewhere visible in your bathroom.

When your child first uses the toilet, go with them and talk/point to each step on the schedule they need to complete.

Over time your child will become familiar with the schedule and no longer require you to point to each step.

Personalising a schedule with your child's favourite characters, can make your child want to use the schedule. E.g. marvel stickers, princess stickers etc.

On the next few pages are different examples of toileting schedules.

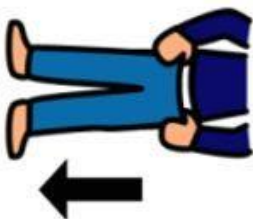
## Bathroom



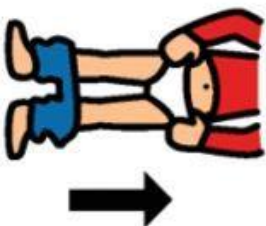
stand up



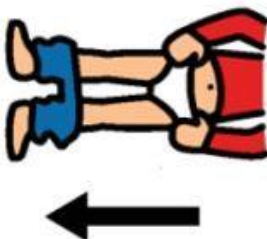
pants down



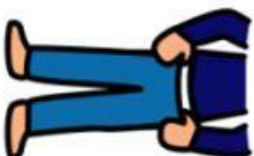
underwear up



underwear down



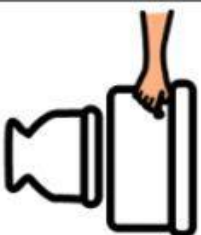
pants up



sit toilet



flush toilet


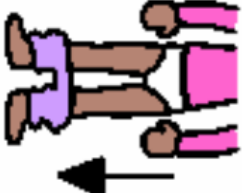
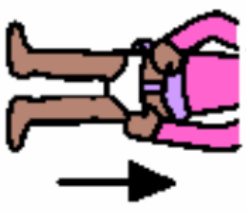
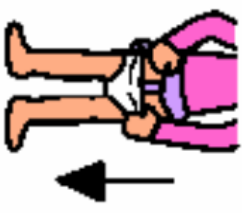
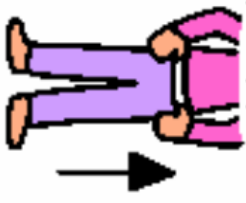







wipe



wash hands



 flush	 pull down pants
 pull up underwear	 pull down underwear
 pull up pants	 sit down
 finished	 toilet paper
 wash hands	 I used the toilet!



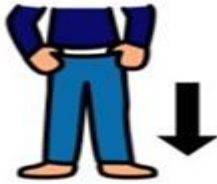
\*On this schedule your child can tick off when they have completed each step.

# Toilet Schedule



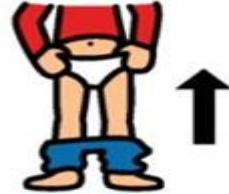
1

pants down



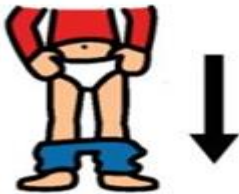
6

underwear up



2

underwear down



7

pants up



3

sit toilet



8

flush toilet



4

wipe



9

wash hands



5

stand up



10



# Going to the Toilet at School

I spend a lot of time at school.



During the school day, I might need to go to the toilet.



This is ok.



If I need to go to the toilet during school, I can ask my Teacher if I can go.

I can put my hand up and say

"Can I go to the toilet?"

If I find this hard I can put my toilet card on my table to show my Teacher I need to go to the toilet.

I need  
the  
toilet



My teacher will let me go to the toilet.

Sometimes during the day my teacher might remind me to go to the toilet. I can also go when my teacher says.



If my teacher says I should go to the toilet but I feel I do not need to go, I will go and sit on the toilet and try.



My teacher will be happy if I can go to the toilet during school.



# Toilet Cards

**I need the toilet**



**I need the toilet**



**I need the toilet**



**I need the toilet**



If your child finds it challenging to ask for help from their teacher, they might also struggle to ask to go to the toilet.

Using this toilet card will allow your child to ask to go to the toilet without needing to use their words.

Your child will place this card on the top of their table to show their teacher they need to go.

**\*\*Before using this card, check with the teacher that it is ok to use it.**


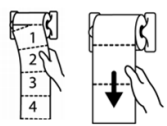


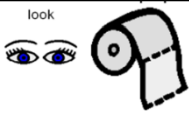



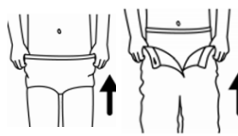





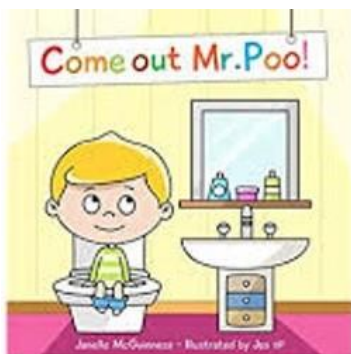
# Bottom Wiping

- Some children can find using toilet roll uncomfortable.
- **Try replacing toilet roll with wet wipes,** these can be softer on the skin and can allow the child to know where they have wiped.
- **Teach the wiping process,** hand over hand can show the child how much pressure is needed and the movement required.
- **Use a visual schedule** to show your child how much toilet roll/wet wipes they need. It can also show your child the process of wiping their bottom.

# Schedule for Wiping Bottom

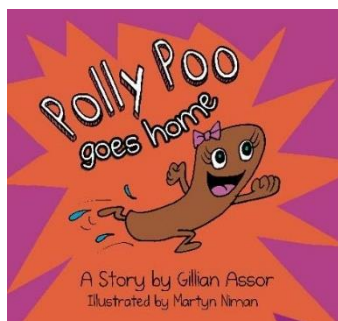
- 1   
Get toilet roll
- 2   
Take some paper off
- 3   
Roll it up in your hand
- 4   
Wipe your bottom front to back
- 5   
Check the toilet roll.  
Is it clean?  
If not, I need to wipe again with new toilet roll
- 6   
Put the dirty paper in the toilet
- 7   
Wipe again until I am clean
- 8   
Put all the dirty paper in the toilet and flush
- 9   
Pull up pants and trousers
- 10   
Wash hands

# Useful Resources



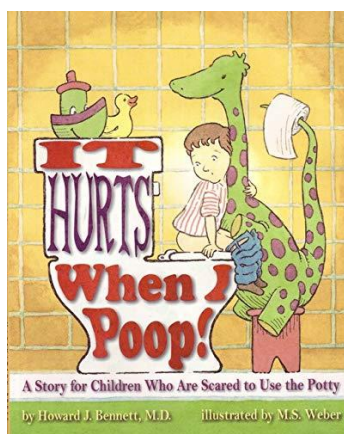
Available from Amazon in Paperback and Kindle versions.

"This delightful and funny book will help your child get ready for doing poops on the toilet or potty. Perfect if your child is showing concern about transitioning out of nappies/diapers. This encouraging story shows how they can become a 'big kid' and that there is nothing to be afraid of."



Available from Amazon in Paperback version.

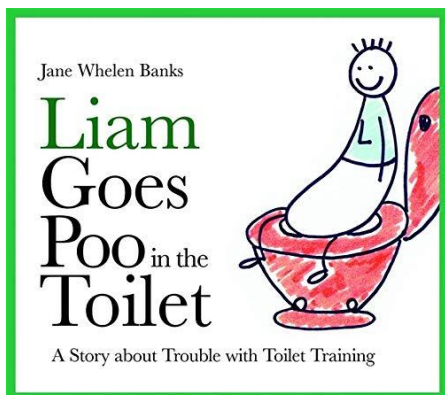
"A fun light hearted ,easy to follow story helping young children who may have a fear of going to the toilet understand what happens to their poo. Travel with polly poo on her journey home to Oopsiland. Meet Polly's family who are all waiting for her to return. Where had Polly gone? Why was she not home?"



Available from Amazon in Hardcover and Paperback versions.

"Ryan is scared to use the potty. He's afraid to have a poo because he's afraid it's going to hurt. When Ryan's parents take him to visit Dr. Gold, she engages his imagination with the story of Bill the Coyote's messy house. She also shows him what happens inside the body and explains how different foods make using the potty easy or hard. This story will help young children gain the confidence they need to overcome this common problem and establish healthy habits."

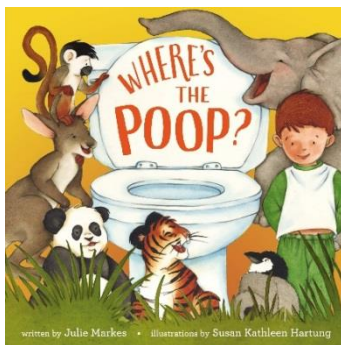
# Useful Resources



Available from Amazon in Hardcover and Kindle versions.

“For a typical child, learning to gain control over the body's internal stimuli can be at best challenging. For many children, however, these internal cues can be overwhelming and confusing, leading to both a frustrating and traumatic toileting experience.

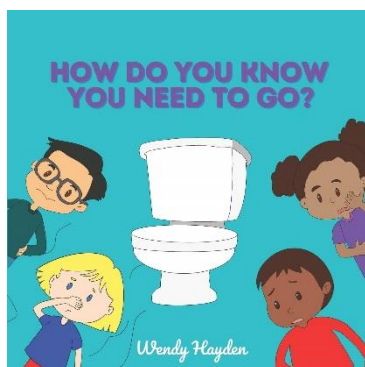
Liam Goes Poo in the Toilet illustrates the relationship between eating and excreting. It provides visual instructions on how to ‘relax and push’. After much fanfare, Liam finally masters going ‘poo’ in the toilet, and both he and Mum bask in the glory of a job well done.”



Available from Amazon in Hardcover version.

“This engaging and sweet, funny lift-the-flap book shows children that all creatures have a place to poop: tigers in the jungle, kangaroos in the outback, and monkeys in the rain forest.

With the aid of this playful book, your child will see that he or she has a place to poop, too. While reinforcing the concept of toilet training, Where's the Poop? gives children the confidence they need.”



Available from Amazon in Paperback and Kindle versions.

“This book helps your little one recognise the signs they have to go, bringing them an awareness of when they have to go potty. Colourful illustrations of cute, diverse children will help your child realise that everyone has to go, including them!”

# Useful Resources

	<p>Available from Amazon in Paperback and Kindle versions.</p> <p>"I Can't, I Won't, No Way! is a must have for parents and children coping with the intensity of bowel withholding"</p>
	<p>Available from Amazon in Hardcover, Paperback and Kindle versions.</p> <p>This book is so perfect for the children learning to stay dry! It simply tells it as it is, that it is a process and that it takes time!! The book identifies with the child that it is OK and normal to have mistakes. It helps to dealing with wet pants or a wet bed</p>

## Useful App - Poo Goes to Pooland

Developed by Northumberland, Tyne and Wear NHS Foundation Trust as an interactive storybook for children who suffer encopresis (soiling)

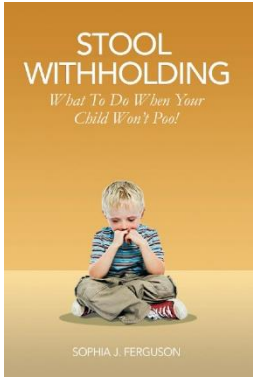
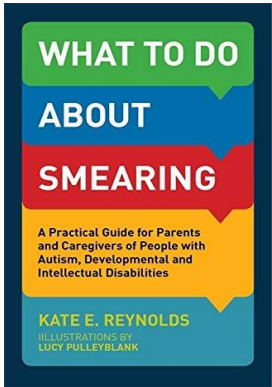
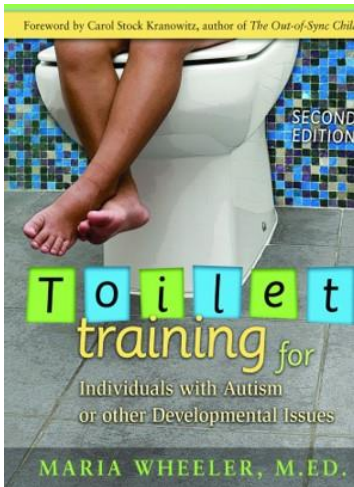
Children who suffer encopresis often begin to feel that there is little more to them than the problem itself. In 'Poo Goes Home to Pooland', the problem is embodied in a troublesome character and placed externally to the child. This process aims to place some distance between the child and the blame shame of soiling.

The style and content of 'Poo Goes Home to Pooland'; was designed to suit the cognitive development stage of children up to around seven years of age. Individually illustrations and accompanying text is intended to promote understanding of toileting matters and relieve anxiety. They cover topics such as sharing unhappy feeling and how to reorganise when you need to poo. Talking about 'Pooland' might help you to engage in getting control over their poo.



There is also a YouTube Video:  
<https://www.youtube.com/watch?v=N95iV8JPuCA>

# Useful Resources

	<p>Available from Amazon in Paperback and Kindle versions.</p> <p>“Inspired by the author's experience of this issue with her own son, this easy-to-understand guide gives detailed advice on every aspect of stool withholding including soiling (encopresis), laxative medication, toilet training and constipation.”</p>
	<p>Available from Amazon in Paperback and Kindle versions.</p> <p>“This supportive guidebook includes down-to-earth advice, helpful picture narratives, examples of how to prepare and use diary sheets for behaviour analysis, and practical exercises that can be carried out at home. There is also advice on what to do if a child ingests faeces, and dealing with persistent or recurring smearing.”</p>
	<p>Available from Amazon in Paperback, Kindle and Audio versions.</p> <p>“in this book, Maria Wheeler, offers a detailed road map for success. She stressed the importance of visual cues, such as picture schedules representing the steps of the toileting routine. Other crucial elements are repetition, rewards and teamwork with teachers if the child is in school. You will find many original and common sense solutions for transitioning your child from diapers to underpants, stopping repeat flushing, monitoring fluid intake, coping with a noisy bathroom, using social stories, and much more.”</p>