

## TOILET TRAINING

There are no strict guidelines for toilet training, however there is certainly a 'window' of opportunity (individual for each child) when toilet training is optimal.

Some approximate guidelines for development of bladder and bowel control in the typically developing younger child;

18 – 30 months development of daytime bladder control

24-30 months: attainment of bowel control

4-5 years old: development of night time bladder control

An overview of toilet training - 'signs of readiness':

-noting some dry nappies during the daytime

-can your child sense the feeling of needing to pass urine or pass stool (poo)?

-can your child get to the toilet or potty on their own or with a little help?

-can you child adjust their underwear or clothes to sit on the potty or toilet?

-is it the right time in your household? Can you and your child be at home to be near a toilet/potty and practice toileting?

First steps

-ensure the child is comfortable on the potty or toilet. If using a toilet, we recommend using a toilet seat insert and good foot support. See diagram for optimal toilet positioning below. If your child does not feel comfortable and relaxed on the potty or toilet then it may be difficult for them to relax their bladder and bowel sphincter muscles (the Pelvic Floor muscles) to empty their bladder or bowel.

-a good supply of clean underpants

-a bucket in the laundry to collect and soak any soiled underwear

-practice 'sits' on the potty or toilet - choose some times that work for your family. Common times may be – on waking; 5-10 mins after eating; before/after an afternoon nap. Other families may choose to try a 'sit' every 1.5 – 2 hours



Remember to keep positive, give praise and use rewards when appropriate. Every child and family are unique, be kind to yourself and your child. Some children toilet train easily and others have great difficulty, seek help if you need. Don't be surprised if regression in toileting behaviours occurs when change occurs in a child's day to day life, for example a new sibling, moving house or starting school. The team at Body Logic Pelvic Health are here to help with any challenges you are finding with toilet training (*? Yes or no to add this here*)

Further Toilet training resources

<https://www.continence.org.au/who-it-affects/children/toilet-training>

[pelvichealthclinic.physio](http://pelvichealthclinic.physio)

[08 6331 7776](tel:0863317776)