

Toilet Tactics

**CHILDREN'S CONTINENCE NURSE
LISA SMITH'S 7 P'S TOILETING PLAN
FOR KIDS WITH ADDITIONAL NEEDS**

Becoming continent is one of the biggest and most important and exciting milestones you will reach with your child. It can take longer in children with additional needs, but is possible with help.

1 PLAN

Gather your team together and brainstorm. Explore the different methods and pick whichever you feel is right for your child. Decide which to focus on first – bowels or bladder training. Keep information Short, Simple, Same and Slow (KISSSS).



2 PLAY

Using play lessens anxiety. Make the environment child-friendly. Have a toilet activity box full of relaxation toys. Use a doll that can eat, wee and poo. Play The Wiggles Toilet song or sing nursery rhymes.

3 PRACTICE

You may need to just practice for a number of weeks with child's nappy on and progress slowly. There is no quick formula, it will happen in your child's time. Express your feelings of frustration – this is hard work.



4 PATIENCE

Your child is in tune with you so showing frustration or using an impatient tone of voice can set them back. They will sense if you are getting annoyed, so take a few seconds to yourself if you are.

5 PERSERVERANCE

These can be the hardest days of your parenting journey. There will be accidents, mess and laundry. If there is an accident, clean it up and move on quickly. It happens. Remember, change is tough for your child.



6 PRAISE

Be specific "mummy is so proud of you for doing wee wees in the potty!" Give them big hugs, if they like hugs. Tell family members about successes - you could call them and let your child hear their praise. If rewards/bribery work - then use them!

7 POSITIVITY

Strive for progress, not perfection. Think positive and you will act positively. Most of all, be kind to yourself! You're doing better than you realise!



Watch the full video guide on our YouTube page