

Towards independence series - 4

Toilet Training



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(Funded by UNICEF)

National Institute for the Mentally Handicapped

(Ministry of Welfare, Govt. of India)

Manovikas Nagar, Secunderabad 500 009

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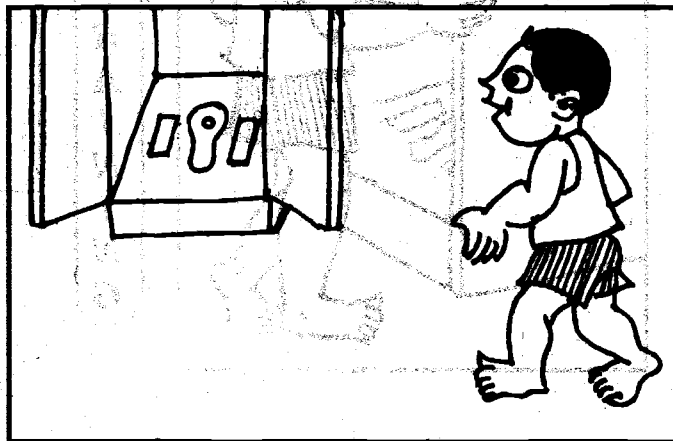
Artist : K. Nageswar Rao
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TOILET TRAINING AIMS AT TEACHING THE CHILD TO



* know when he needs to go to the toilet,

* go to the toilet,





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Helps the child to stay clean and dry

**Leads him towards more independence
in daily living**

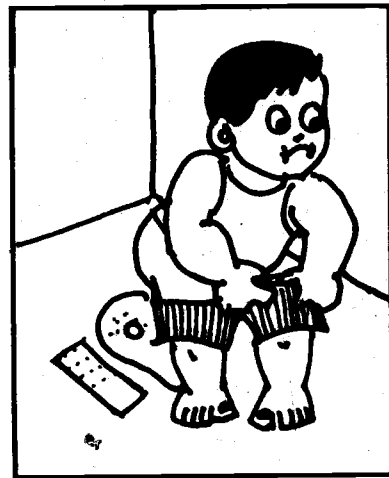
**Provides better acceptance in the
community**



* close the door,

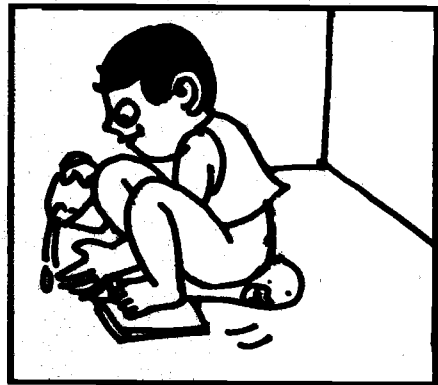


* pull down the knicker,

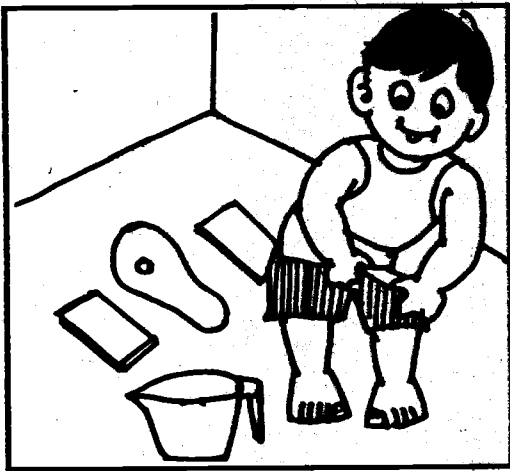




* urinate / defecate,

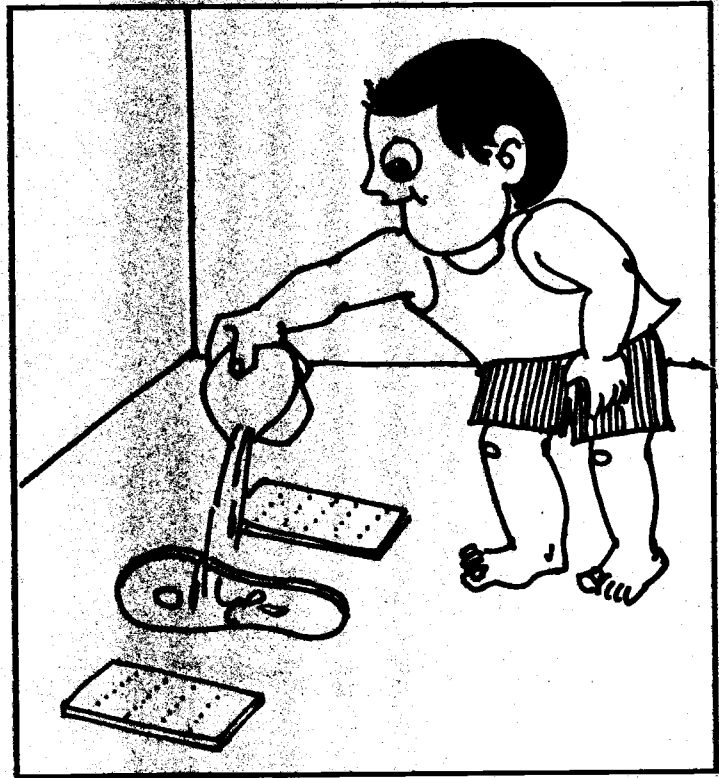


* clean himself,



* pull his knicker up, and

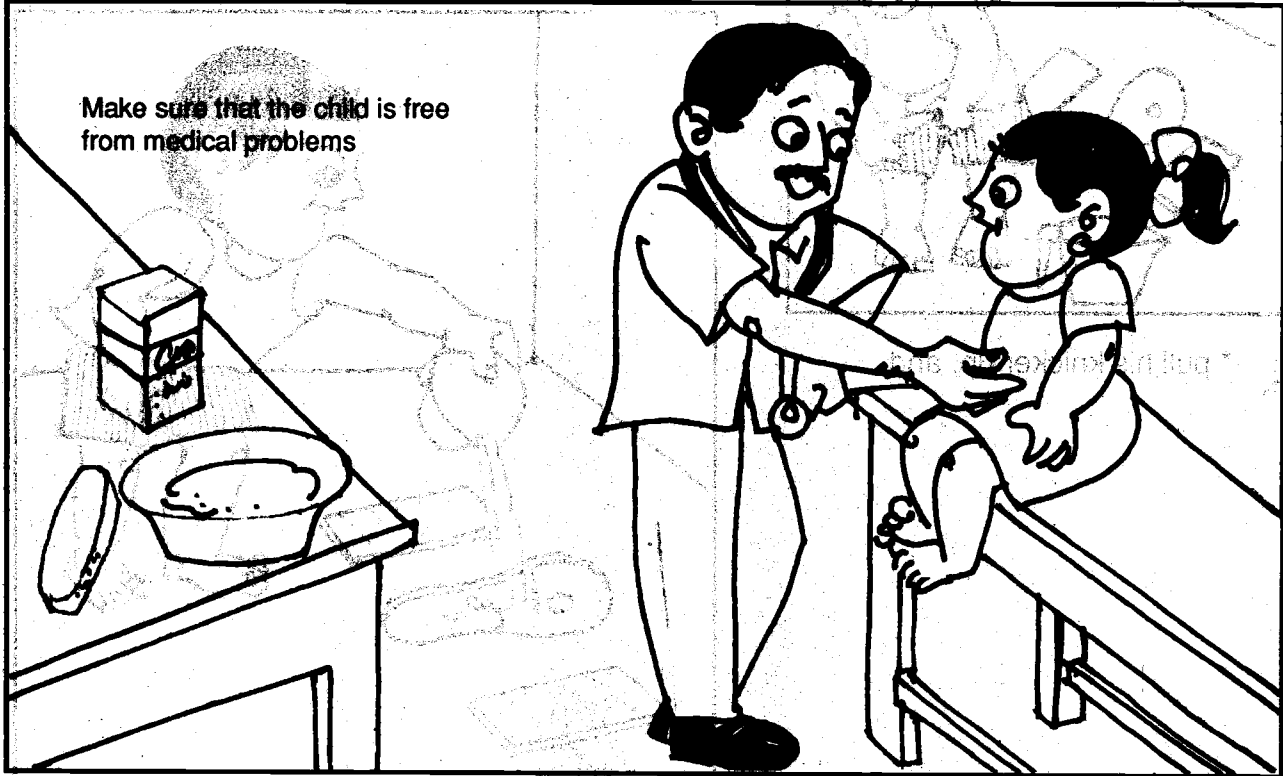
* flush / pour water



PATHWAYS TO TOILET TRAINING

GET MEDICAL CHECK-UP DONE

Make sure that the child is free from medical problems



START WHEN THE CHILD IS READY

Readiness Signs

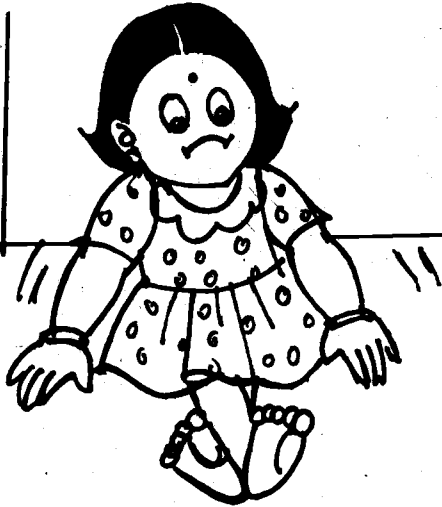
Stays dry for 1 to 3 hours



Understands when you praise her



Shows when she needs to eliminate
(by becoming quiet, making faces or
sounds, getting red in the face, crossing
legs and so on)



Walks



Dresses and undresses herself



Understands simple instructions



**TAKE THE CHILD TO THE TOILET AT
TIMES HE IS MOST LIKELY TO USE IT**

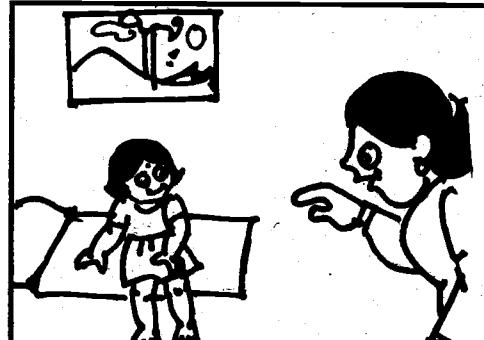
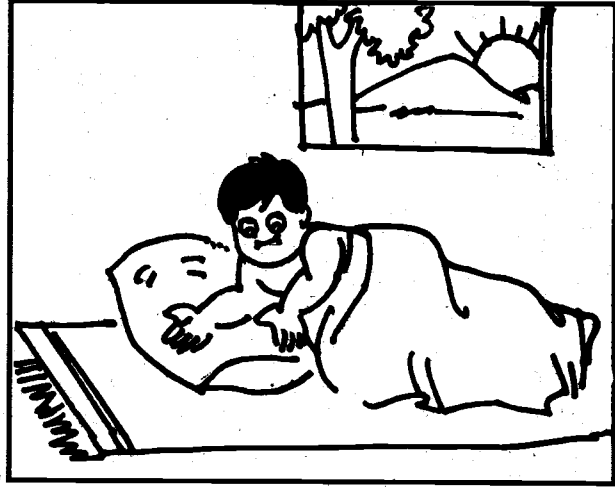
Start with training for urination.

Follow procedure (A) or (B).

Procedure A

Take the child to the toilet

- when he wakes up in the morning.
- before and / or after breakfast.
- mid morning.
- before and after lunch.
- mid afternoon.
- before and / or after dinner.
- before bed.



Procedure B

Maintain a toileting frequency chart (like how you would maintain your milk account !)

A sample of the chart is given :

TOILETING FREQUENCY CHART (SAMPLE)										
NAME OF THE CHILD : P. S.					DATE : 01-10-88 TO 07-10-88					
DAY	TIME AND ACTIVITY									REMARKS
SUNDAY	On Walking up		After break - fast		On walking up after nap			Before going to bed		+
	7.35	8.40	9.55	11.05	3.05	5.35	7.40	9.35		
MONDAY			After lunch	After nap	After milk		Before going to bed			
	7.00	8.45	12.05	3.55	6.05	8.30	10.05			
TUESDAY	On Walking up	Before break - fast			During nap			Before going to bed		
	7.15	8.25	11.30	12.35	2.05	5.30	7.35	9.45		
WEDNESDAY	On Walking up			Before lunch	On walking up after nap					+
	8.00	10.05	12.00	1.45	4.40	6.30	8.45			
THURSDAY			After break - fast							Painy day
	7.10	8.45	9.20	10.45	11.40	12.55	3.00	5.20	7.25	
FRIDAY	On Walking up									+
	7.00	8.40	11.40	1.10	3.15	4.45	6.50	8.45		
SATURDAY	On Walking up			After lunch	On walking up after nap					
	6.55	8.10	10.00	12.20	3.40	5.00	7.35	9.15		

/ Urination // Stool movement + Bed wetting

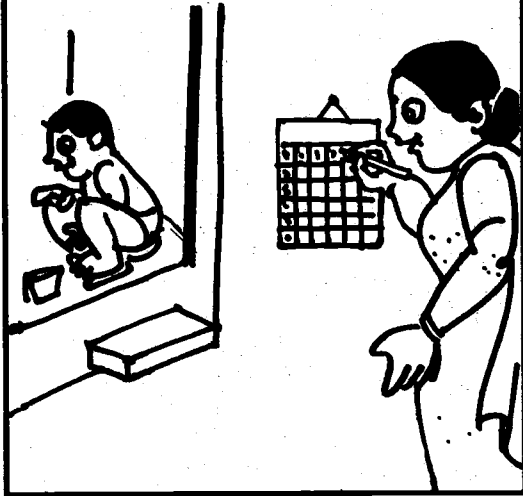
Data from the chart will give you an idea of the frequency, time, and the activity before / after which the child generally eliminates.

Determine optimal periods for training

The first column on the chart shows that the child is most likely to urinate after waking up in the morning.

Approximate range of period for defecation can be determined by observing data on the horizontal side of the chart.

Suggestion : Hang the chart close to the toilet, attaching a pencil tied to a thread, so that you remember to note each time the child eliminates.



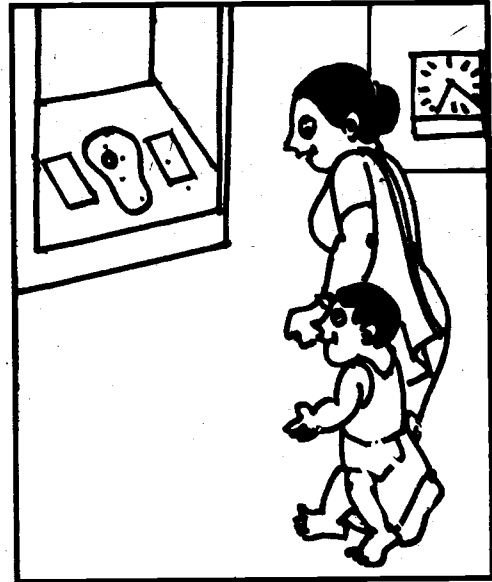
Study the chart closely for one week to observe similar patterns of toileting behaviour in your child.

Caution : The child should be free from diarrhoea during the week of study.

Take the child to the toilet, a few minutes before the anticipated time.

Continue taking him till he learns to associate the need with the place.

Note: If he does not use the toilet in five minutes, do not force him. Probably he does not have the need !



Appreciate the child for his cooperation

A FINDING !

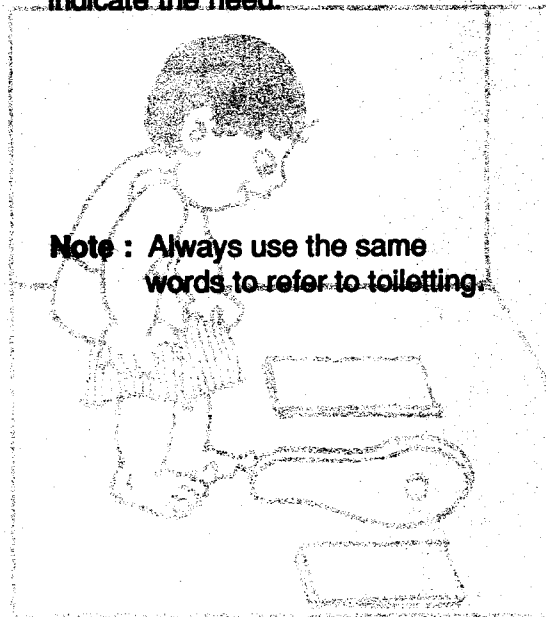
It has been the experience of many parents that by virtue of maintaining the chart, they tend to get a clue as to WHEN the child would need to use the toilet. Therefore they successfully train the child by taking him to the toilet at the right time.

Remember : CONSISTENCY in maintaining the chart for one week is absolutely essential for successful TOILET TRAINING.

FAMILIARISE THE CHILD WITH THE WORD REFERRING TO 'TOILET' BY USING IT SEVERAL TIMES WHILE TAKING HIM TO THE TOILET

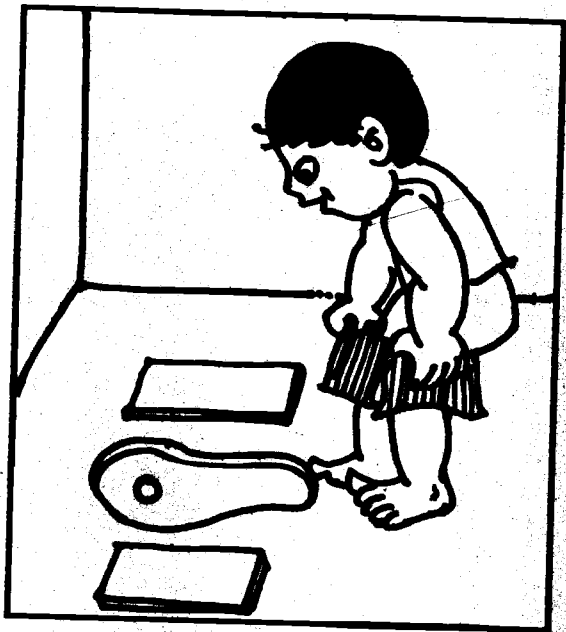
Slowly, the child will learn to indicate the need.

Note : Always use the same words to refer to toileting.



ADAPT 'DRESS' TO SUIT THE ABILITIES OF THE CHILD

If the child has trouble pulling down pants or pantee, use loose fitting clothing with elastic waist bands.



BEGIN NIGHT TIME TRAINING AFTER THE CHILD IS TOILET TRAINED DURING DAY

- Let him drink any liquid, if needed, an hour before bed time.
- Take him to toilet just before he goes to bed.
- Note down approximately around what time he wets bed. Keep an alarm to ring every night around that time and take him to the toilet. If this is consistently done for 1 week to 10 days, the child is sure to wake you up to go to toilet when he has the need, even without alarm.



Don't forget to praise him in the morning if the bed is dry.

FOLLOW 3 STEPS IN TRAINING
IS TOILET TRAINED DURING DAY



I. Give physical assistance along with verbal directions

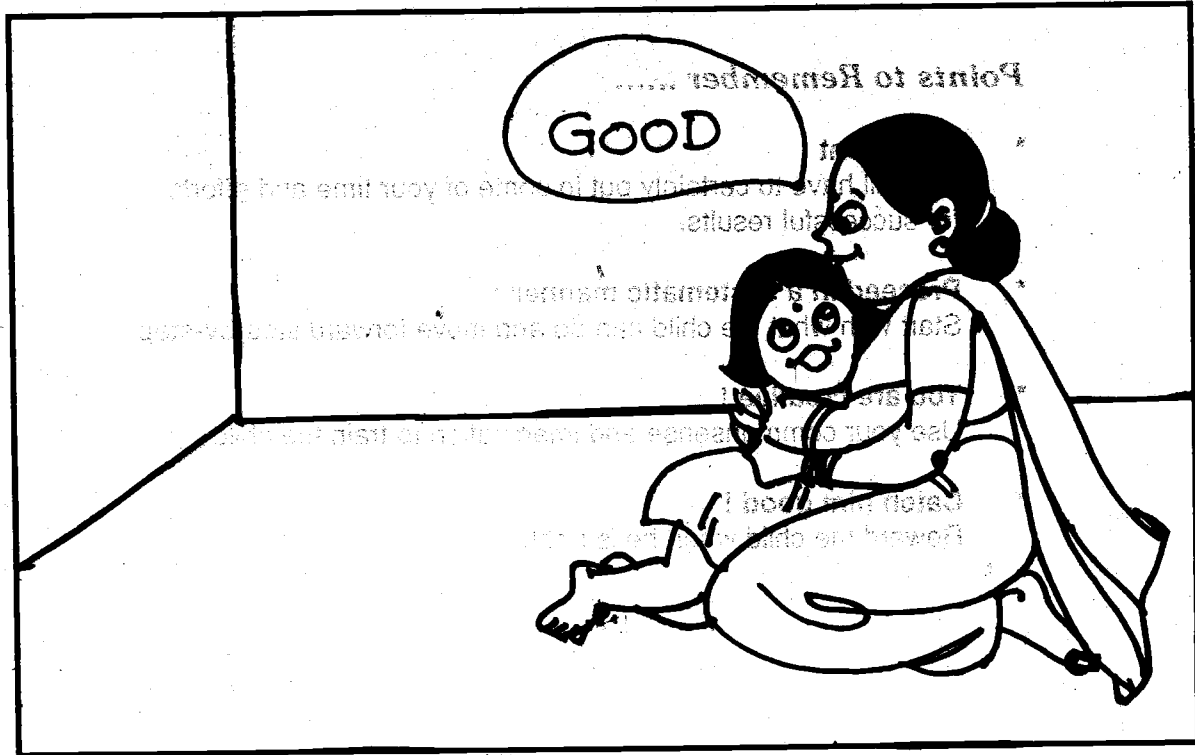


II. Give only verbal directions



III. Let the child do by herself

REWARD AND PRAISE EVERY SUCCESSFUL ATTEMPT



Points to Remember

- * **Be patient !**
You will have to certainly put in some of your time and efforts,
for successful results.
- * **Proceed in a systematic manner !**
Start with what the child can do and move forward step-by-step.
- * **You are creative !**
Use your commonsense and imagination to train the child.
- * **Catch him good !**
Reward the child when he is right.

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