



Promoting Toileting Skills in Young Children

Land acknowledgement

The lands, waters, nature and sky that Grandview Kids is privileged to exist within have long been home to the Michi Saagiig Anishinaabeg. We acknowledge the lands of the traditional and treaty territories covered under the Williams Treaties, including the Mississaugas of Scugog Island First Nation, Alderville First Nation, Hiawatha First Nation, Curve Lake First Nation and the Chippewa Nation of Georgina Island, Beau Soleil and Rama. We are responsible for building stronger relationships with clients, caregivers, partners and colleagues from First Nations, Métis and Inuit communities. Through our shared values of belonging, excellence, connection, discovery and celebration, Grandview Kids commits to seeking truth and upholding reconciliation.

Vision

Every child and youth living at their full potential

Mission

Supporting children and youth with physical, communication and developmental needs to live, learn and play



Values



Belonging

Creating a caring environment by welcoming, respecting and including everyone.

Advocating to make the community more accessible and inclusive for all.

Removing barriers to ensure equitable access to services.

Embracing diversity by listening to and amplifying unique perspectives.



Excellence

Providing safe, family-centred, efficient, high-quality care.

Maintaining a positive work environment to help Team Grandview thrive.

Mobilizing knowledge within Grandview Kids and across the system.

Being accountable for our actions, committed to transparency and ethical decision-making.



Connection

Valuing clients and caregivers as our best partners in care.

Collaborating across Team Grandview to deliver exceptional care.

Anticipating community needs through continuous engagement.

Partnering with other providers to better connect the system.



Discovery

Enabling clients to discover their own potential.

Embracing growth and change.

Re-imagining what currently exists to innovate solutions.

Integrating cutting-edge science and research into our work.



Celebration

Recognizing Team Grandview's diverse skills and contributions.

Honouring inchstone and milestones, using a strengths-based approach.

Achieving the best possible outcomes for clients and their families.

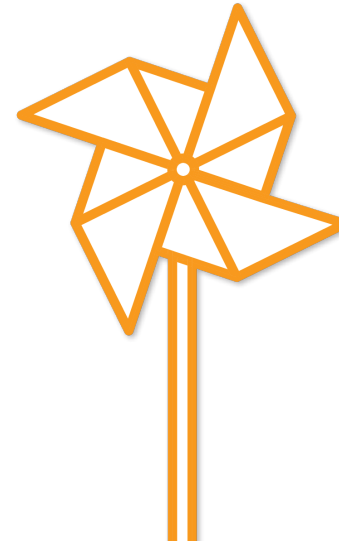
Inspiring hope for the future.

Agenda

1. Developmental milestones
2. When to start?
3. Signs of readiness
4. Preparing for toilet training
5. Toilet training strategies
6. Accidents

By the End of This Session, You Will...

- Understand signs of toileting readiness
- Have a general understanding of developmental milestones for toileting
- Learn how parents can be partners in the process
- Learn some ways to motivate your child
- Learn about occupational therapy
- How to connect with Grandview Kids



Toileting



Developmental Milestones

Age	Developmental Milestones
1-1.5 years	<ul style="list-style-type: none">Perceives bladder fullnessBegins to show bladder and bowel patternsIndicates discomfort over wet or soiled diapersHolds urine briefly
1.5-2 years	<ul style="list-style-type: none">Able to sit on a potty or adaptive seat on a toilet with helpHelps caregiver to pull down pantsWashes and dries hands partially or with helpStays dry for 2-4 hours
2-3 years	<ul style="list-style-type: none">Anticipates the need to empty their bladder and bowelDistinguishes between urination and bowel movementsCan use toilet paper to wipe with assistanceRemoves pull-down elastic waist pants
3-6 years	<ul style="list-style-type: none">Tears toilet paper, wipes self and flushes the toilet independentlyRemembers to wash and dry their hands after using the toiletDresses independently & and adjusts clothing before leaving the bathroomOccasional accidents are typical

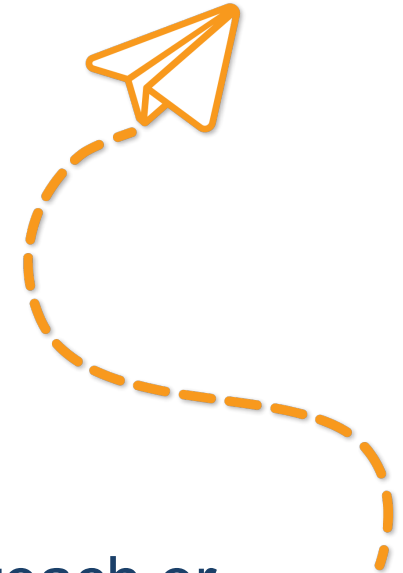
When to Start Toilet Training?

- Each child needs to learn when, where, and how, to relieve their bladder & bowel (typically starts between 2.5 to 3 years of age)
- However, it's not only the child that has to be ready; YOU need to be ready too!



Signs of Readiness

- Follow one-step instructions
- Locate and maneuver on-and-off the toilet
- Pull down pants and underwear
- Co-operates when taken to the toilet
- Communication system in place that can be used to teach or encourage initiations
- Remains dry for 1 hour or more



Preparing for Toilet Training

Preparation not only involves material but also the environment your child is going to be toileting in. This may include:

- Toilet seat/potty
- Wipes/toilet paper
- Stool
- Extra clothing
- Neutral books/toys
- Picture icons of the bathroom
- Visuals
- Reinforcers
- Potty data sheets, checklists, etc.



Potty Vs. Toilet

Potty	Toilet Seat
Smaller, and more accessible for child to use by themselves	May require assistance getting on/off toilet seat
Takes up space outside of the bathroom	Can fit on standard toilets
Can be helpful if your only bathroom is occupied	Can only be used in the bathroom, may be a challenge if your child really has to go
Should be cleaned after every use	Easy to clean as you can just flush the toilet
Can be easily knocked over, consider storing carefully	

Toilet Training Strategies

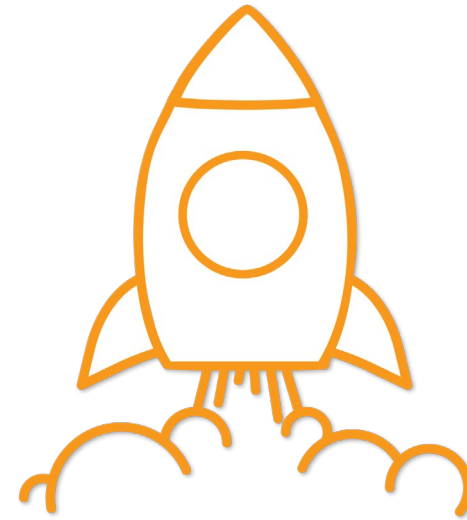
Reinforcement – this includes the use of rewards that are highly preferred by your child. The purpose of reinforcement is to help motivate your child to use the toilet. The chosen reward should only be provided to child when they void on the toilet, and reward should be provided immediately.

Communication – teach your child how to ask to go to the bathroom. Keep your language consistent throughout training and across all environments and caregivers.

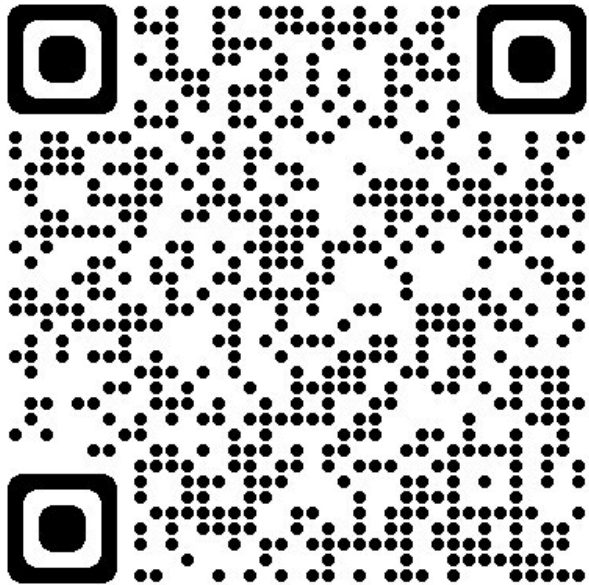
Develop a schedule – how often is your child typically wet? Start by mapping out times of day where your child most often void to get an idea of how long (on average) they are staying dry. This will help you determine how to schedule their bathroom visits. For example, if your child is staying dry for 45 minutes, you want to set your initial interval at 30 minutes; if your child doesn't go, divide that time in half and bring them in 15 minutes.

Helpful Toileting Apps for Phone or Tablet:

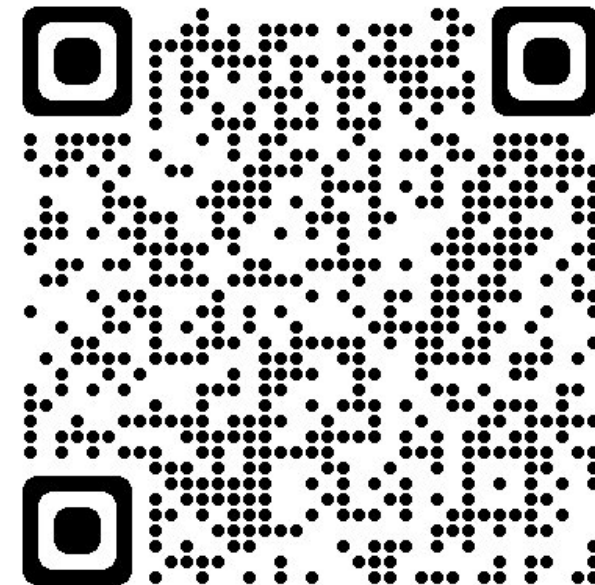
- Potty training time
- Potty time with Elmo (\$3.99)
- Daniel Tiger's Stop and Go Potty
- Toilet Training-Babybus
- 1-2-3 Potty with me!
- Potty Time



Online Toileting Resources



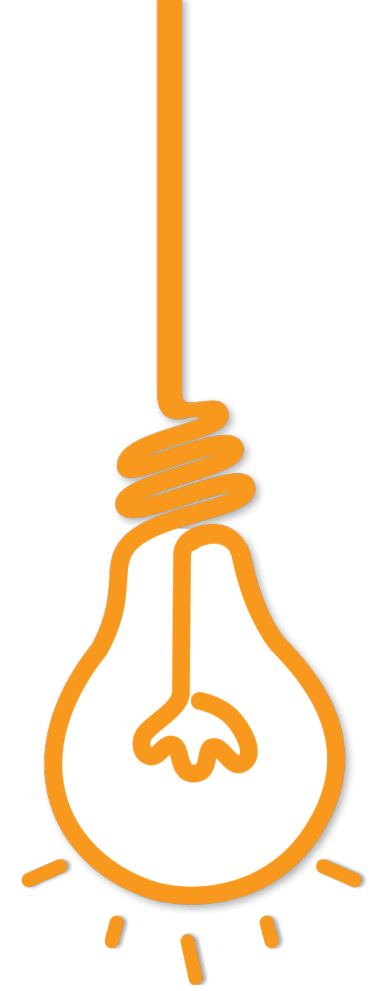
Potty training tips from Pampers



Sesame Street interactive potty plan

Helpful Books

- Potty Training is Fun! – Stephanie Patterson
- Potty Training: The ultimate guide to potty training your child fast and effectively! – Judith Dare

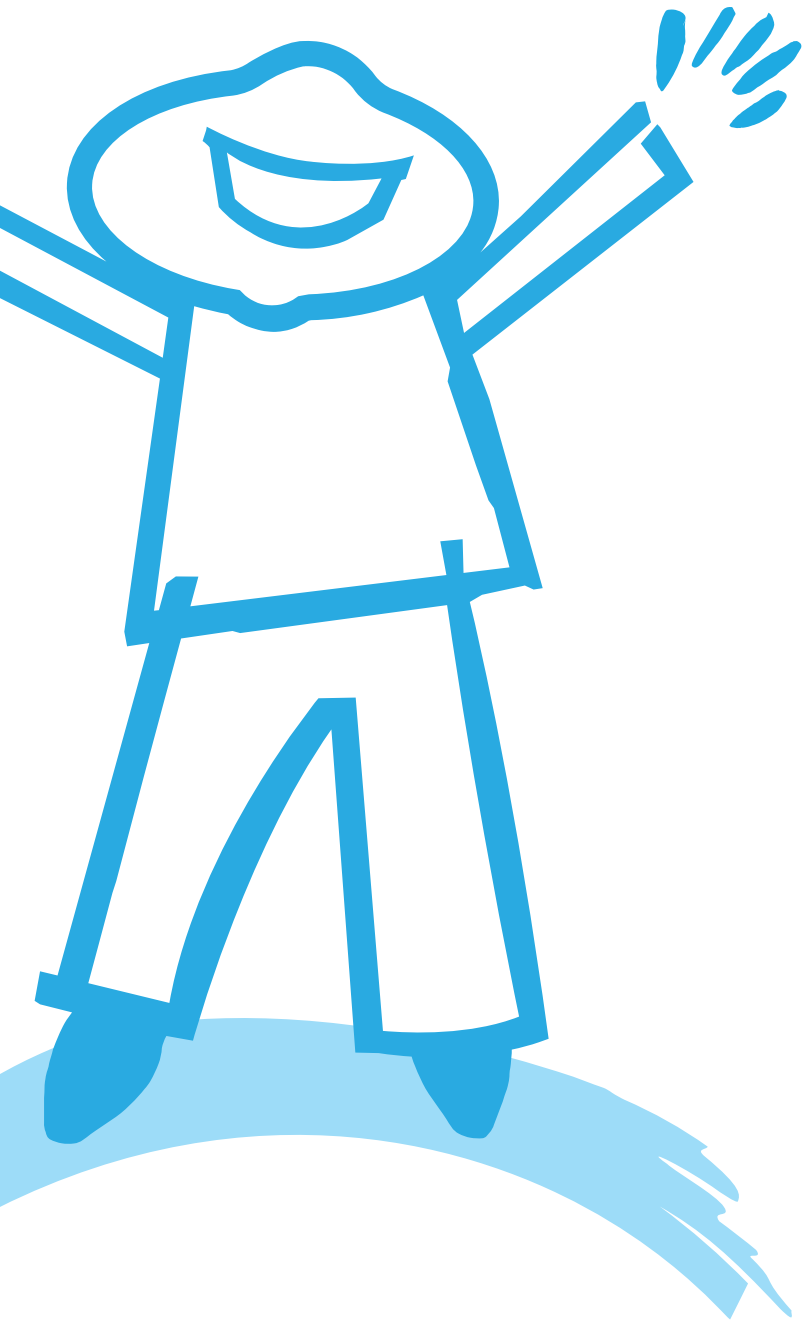


Parents as Partners

- Remember, accidents happen! And it's OK 😊
- Provide minimal attention to the accident and state in a neutral tone “We pee in the toilet” and bring them to the toilet.
- Have them sit on the toilet for up to 2 minutes, if your child finishes urinating on the toilet, praise and provide the reinforcer for a shorter period of time
- If child does not urinate on the toilet, prompt them to put on dry clothing.

Role of an Occupational Therapist

An OT can provide formal and/or informal assessment of your child's development. Occupational therapists have unique skills to help children acquire or progress their self-help skills, including their ability to dress themselves. Whether it's through direct learning or play, an OT can help kids learn to do the 'jobs' they need to do each day.



To learn more about
Grandview's programs contact
the Service Navigation Team

Call direct: 905-728-1673, ext. 2468

Email: service.navigation@grandview.ca

Or visit our website www.grandviewkids.ca



Thank you!

References

1. *Potty training tips and advice: Pampers.ca*. Pampers. (n.d.). <http://www.pampers.ca/toddler/potty-training>
2. *Sesame street: Preschool games, videos, & Coloring Pages to help kids grow smarter, Stronger & Kinder*. Sesame Street | Preschool Games, Videos, & Coloring Pages to Help Kids Grow Smarter, Stronger & Kinder. (n.d.). <https://www.sesamestreet.org/games?id=25985>
3. Patterson, S., & Strout, D. (2011). *Potty training is fun!* BookBaby.
4. Dare, J. (n.d.). *Potty training: The ultimate guide to potty training your child fast and effectively!* Ingram Publishing.