

preschool pack

Toileting

A child needs to be physically and emotionally ready for toilet training to succeed.

The time taken for a child to be trained varies considerably.

As with all children, it is important to be led by the child's parents as to when they want to start toilet training. This may vary from approximately 20 months to 4 yrs.

Each family has different priorities and concerns about toileting and these need to be approached sensitively.

Children with cerebral palsy may be ready for preschool but not toilet trained.

This may be due to:

- decreased sensory awareness (not know if wet)
- immature bladder or bowel
- lack of understanding of toileting sequence
- inability to communicate the need to go

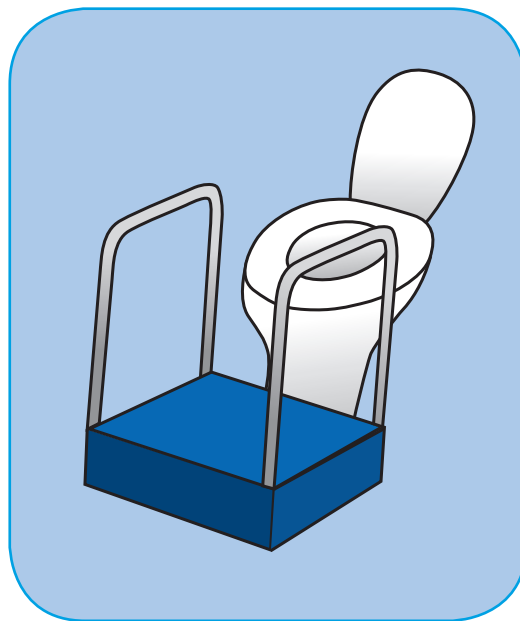
Some children may be aware of the toileting sequence and communicate their desire to go to the toilet but due to problems with mobility or balance when seated, not be totally independent.

Once a program has been planned with the family, all members of the Centre's team need to be aware of the details so that a consistent approach is used.

Ideas to consider:

- For children who are not toilet trained, consideration for safety, self-esteem and privacy needs to be given when nappy changing.
- For older children consider using pull-ups rather than nappies as they can be changed more discretely.
- Ensure that all the team knows the child's mode of communicating a need to go to the toilet. This may be by signs, sounds, words or pointing to a picture or symbol e.g. symbol of toilet on a watch.
- Allow sufficient time for the child to get to the bathroom and complete the toileting routine.
- Plan for timing of toileting so that the child does not miss out on other activities e.g. send him/her first in the group.

- Ways of transferring the child who is not walking to the bathroom so that the safest lifting and carrying techniques are used.
- Extra time may be needed to allow the child to become as independent as possible.
- Adaptations may be needed to assist the child with toileting e.g. rails, steps, potty chair, accessible taps, hand-dryers or towels.



**Each child with cerebral palsy has individual needs.
In partnership with the child and their family,
The Spastic Centre team can advise on their needs.**