

## TIP SHEET

### POO-ING IN THE TOILET - NEED HELP!

**Do you know how common it is for a child to choose not to poo in the toilet...VERY! YOU'RE NOT ALONE.....**

Often a child can be wee trained very successfully and yet be still worried about pooing in the toilet or potty. Being scared can be a real problem for your child.

**So what can you do to help:**

- Throw away your change mat and start changing the child standing up in the toilet room.
- If they are happy to sit on the toilet while you wipe their bottom, that's great...if not that's ok too, you'll get there.
- Engage the child in the process, when you've done most of the job, let the child wipe their bottom, put the toilet paper in and flush - kids love to be involved.
- All accidents are managed in the toilet room in the same way.
- For a child who needs a nappy to poo - that's ok, but it goes on in the toilet room, they stay till they are done and then the cleaning up process happens. (Having a child hold onto poo because they want a nappy to poo in can lead to constipation. This creates a whole new set of issues, which sometimes become a lifelong problem - we don't want that!)
- Provide incentives for steps along the way - using a nappy in the toilet room, cleaning up in the toilet room, sitting on the toilet for cleaning up, poo-ing in the toilet. Reward their progress with small things - like a sticker or smartie.
- Sometimes children are concerned about losing part of themselves, talk to them about poo as body waste and the toilet as the rubbish bin for body waste- usually they can relate to that and it makes sense for them.
- Be patient, it will resolve.....