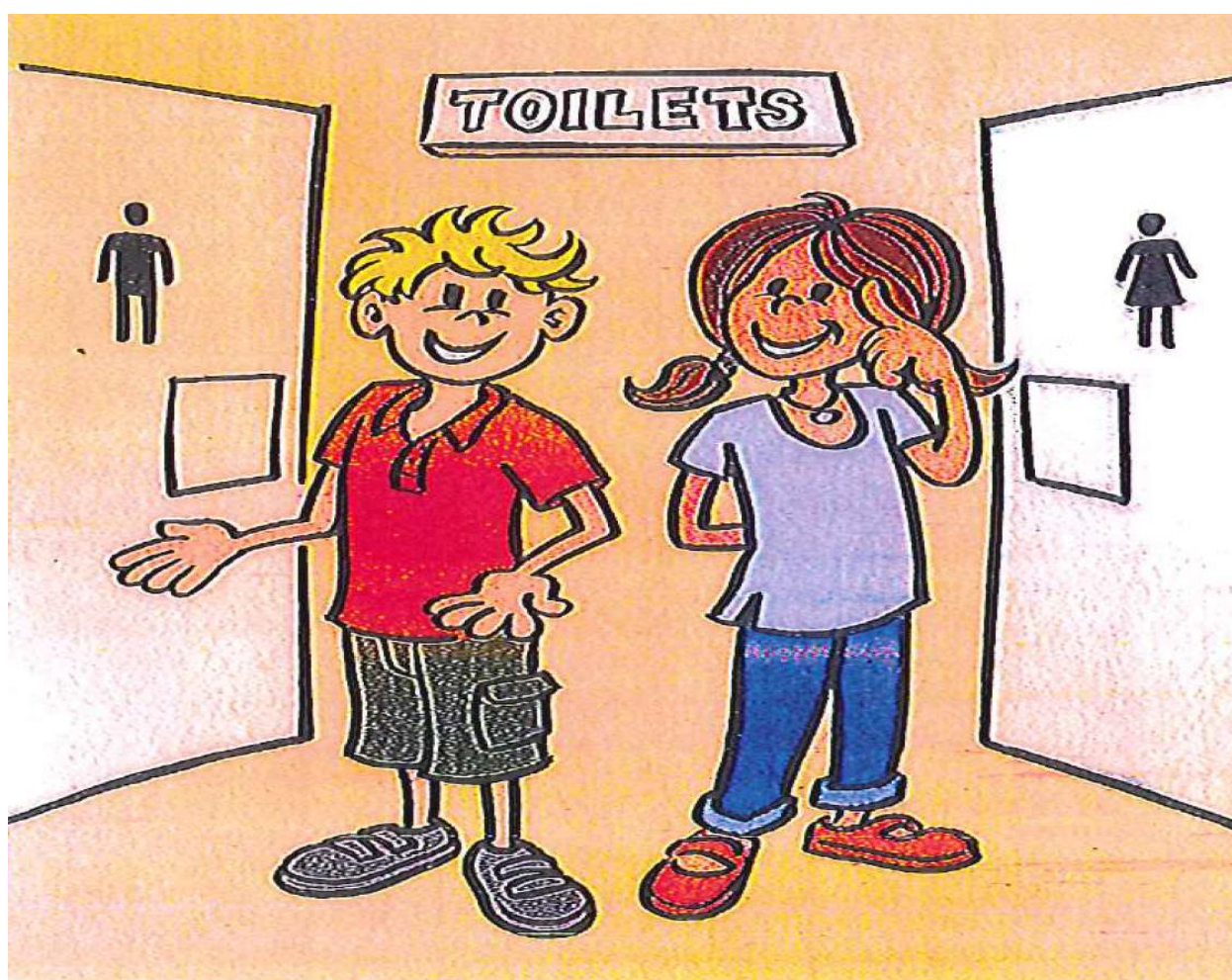


Trouble Shooting



Derbyshire Children's Continence Service



NOT ENTERING THE BATHROOM/TOILET AREA



Find a favourite rug/mat which the child accepts and will sit on it with you to do an activity such as cards or a game.

Introduce books and other activities to gradually increase the length of time the child will sit on the rug.

Open the toilet/bathroom during the activity. Gradually over several weeks move the rug/mat towards the bathroom.

Put up a reward sticker chart on the toilet/bathroom door. Each time the child passes the toilet/bathroom door, put a sticker on the chart.

Eventually move the rug/mat on the inside of the toilet bathroom and encourage the child to put a sticker on the door whilst standing on the rug/mat.

Use a visual timetable to direct the child from outside the toilet area into the area.

Consider the toilet area: Is it too hot/cold, bright/dark, does it smell of strong cleaning fluid? Use fans and ventilation and remove unwanted smells.



RESISTS SITTING ON THE TOILET

Let the child choose the toilet paper/seat.

Provide stabilising devices such as slip mat or potty seat, grab rails and foot stool to enable the child to sit securely with his/her feet resting on a solid object.

Put a screen around the toilet to make it smaller.

Use pictures of feet to show the child where to put their feet on the floor.

Provide a lap table that sits on the child's knee to provide support and to direct the child towards activities taking place on the table.

Use a sticker chart in the toilet area. Every time the child sits on the toilet, reward them with a sticker on the chart.

Encourage the child to sit on the toilet without removing their clothes.

Encouraging sitting using cardboard under the seat, gradually cutting a larger hole in the cardboard before removing it.

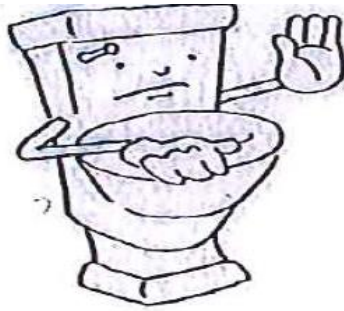
Use a timer, sing songs, and find an activity or distraction to encourage the child to sit on the toilet for a few seconds, gradually increasing the time the child will sit.

Sit together on the toilet.

Take turns to sit on the toilet, or use a doll as a model.



AFRAID OF FLUSHING



Use the rug/mat outside the toilet area with the child standing on it and flush the toilet.

Gradually move the rug/mat towards the toilet area.

Provide a flush symbol or say "Ready, Steady, Go".

Try adding a colour to the water inside the toilet cistern.

Encourage the child to flush the toilet so they are in control.

Introduce a pleasant activity at the same time as the toilet is flushed, such as blowing bubbles.

Don't flush the toilet until the child has completed the toileting routine including washing their hands. Flush when the child is outside the toilet area.

OVER FLUSHING THE TOILET

Use visual symbols to show the sequence of going to the toilet, showing when the flush symbol is used.

On the visual sequence show how many times the toilet can be flushed. Place a symbol on the toilet handle, encourage the child to take the flush symbol off the sequence and place it on the handle.

Once the toilet has been flushed placed "No" symbol on the handle. Redirect the child to the visual sequence to show the child they have flushed the toilet.

When it's time to flush the toilet again encourage the child to remove the "No" symbol and replace it with "Flush" symbol.

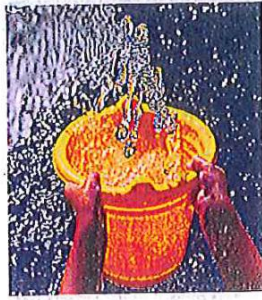
Use a "Finish Box" to put the "flush" symbol in.

Cover the handle.

Provide something else for the child to hold or manipulate.

Use a sticker to match the sticker on the toilet handle.

PLAYS WITH THE WATER IN THE TOILET



Provide water play immediately before the child goes to the toilet and after using the toilet.

Provide a water feature as a distraction such as glitter tube.

Cover the seat until it is time to use it.

Cover the lap with a tray.

Provide a visual symbol of the correct place to stand using footprints or carpet squares.

PROBLEMS WITH AIM



Reduce any distraction such as noise by closing the bathroom door.

Provide a target - a ping pong ball is good.

Encourage the child to go to the toilet at the same time as the parent to show the child what to do.

Reward the child if urine is kept inside the toilet.

If mess is made outside of the toilet, encourage the child to help clean it up

Reward the child for helping to clean up.

FAILURE TO URINATE IN THE TOILET/FAILURE TO HAVE A BOWEL MOVEMENT

Teach the child the desired behaviour using visual symbols and social stories.

Use the story immediately before you take the child to the toilet.

Increase fluid intake several minutes prior to toileting.

Encourage a calm relaxing environment. If you have more than one toilet, let the child choose the one they feel most comfortable to use.

Introduce music, favourite calming toys, materials and soothing lights to encourage the child to relax.

Screen off the toilet from the rest of the bathroom area.

Do not rush the child; allow them to sit on the toilet until they feel calm and relaxed.

Do not ask the child to go to the toilet. **TELL** them it's time to go to the toilet.

Incorporate going to the toilet as part of the child's daily routine.

Keep a record of when the child is wet or soiled.

Use this information to plan when and how often to take the child to the toilet.



SMEARING FAECES

Use a visual timetable and include a symbol to show “to wipe” to clearly show what happens next once the child has been to the toilet.

Provide toilet paper and wipes that the child is happy to use.

Support and help the child to wipe themselves if needed.

Supervision – regularly checking the child on the toilet.

Encourage the child to tell you they have finished by offering an immediate reward.

Give the child something to do with their hands as a distraction such as toys, activity.

Use a lap tray.

Provide a play dough session before the child goes to the toilet.

Once smearing has happened, quickly clean and disinfect all the affected areas.

If appropriate include the child in the cleaning process.

Do not clean up the area if the child is watching and not helping, as watching someone clean up maybe very rewarding for the child.

Minimise any social interaction or talking during the cleaning process.

Stay calm, do not shout or lecture the child or tell them off, as this could result in the behaviour re-occurring.

RESISTS BEING CLEANED

Try using different materials such as wet wipes/dry wipes.

Consider the temperature of the materials used.

Check whether the bottom is sore.

Encourage the child to develop their own skill of cleaning, show on a doll, with the adult and child taking turns to wipe.

PLAYING WITH THE TOILET PAPER



Remove the paper if it is a big problem and provide a small pile of tissues.

Encourage the child to count out how many sheets of paper they need.

Provide an idea of how many sheets to use. Use a peg to show where to tear the paper or tape a line on the wall to show the child where to stop unrolling.

WITHHOLDING UNLESS NAPPY ON

Once the child is happy to sit on the toilet, start to cut the bottom off the nappies gradually.

Use social stories and visual clues to tell the child what to do.

Ensure the child is having enough fluids and the fibre intake is good.

Consult the health professional to ensure the child is not constipated.