

The following step-by-step process is a very brief overview of potty training



Step 1 SETTING THE SCENE

Introduce the potty and always change your child's nappy in the bathroom.

Start to talk about wees and poos. Use your family words for these and make sure other people use the same words that you do.



Step 2 DEVELOPING THE SKILLS NEEDED

Make sure your child is comfortable sitting on the potty or toilet. They will need an insert seat and stool if sitting on the toilet.

Gradually introduce sitting on the potty or toilet after drinks and meals.



Step 3 IDENTIFYING PATTERNS

Find out when your child wees and poos by checking their nappy every hour when they are awake and note if it is wet or soiled.



Step 4 USING THE TOILET FOR WEE AND POO

Once your child has achieved steps 1 and 2, and you know their toileting habits (from step 3), the time has come to remove the nappy all the time they are awake. This includes when you are not at home.

Further information can be accessed from the bbuk.org.uk website:



Further advice and support

We are here to provide information, support and encouragement for the parents of children with Down syndrome and the professionals who work with them.

We recommend parents and professionals in the UK join our Facebook pages:

Going POTTY! Toilet training advice and tips for children with Down syndrome up to 5 years



Toileting issues for children and young people with Down syndrome aged 5 years+



Advice to help family carers, child minders, nurseries, schools and other settings

Consider using our potty training timetable available from:



The timetable allows you to record the times that you sit your child on the potty or toilet. It includes any words, signs or gestures that you use at home with your child to tell them it is time to sit on the potty or toilet.

If you are using a potty or toilet seat reducer and/or step, take it with your child when they are being looked after by other people or have a second identical one that you can leave there.

Record any other skills you are teaching your child, such as pulling pants or trousers up and down, wiping their bottom or washing their hands.

Also record how you reward any success and, if necessary, remember to give your child's carer, nursery or school some of the same rewards that you use at home.



The Bladder & Bowel UK helpline:

0161 607 8219

bbuk@disabledliving.co.uk



info@positiveaboutsindrome.co.uk

This brochure can be downloaded at:
downsyndromeuk.co.uk/pants4school

PADS is a DSUK initiative | Registered number 1184564

pants4school

Enabling children with Down syndrome to be toilet ready for school and reach their full potential



A collaboration between BBUK & PADS

There are many milestones in a child's life and becoming toilet trained is one that all parents look forward to. However, when a child has Down syndrome, many families and professionals believe that toilet training will be delayed, or very difficult to achieve. For this reason, parents of little ones with Down syndrome are often mistakenly advised by professionals to not start potty training, until the child "is ready". This may result in a window of opportunity being missed.

However, we have found that with the right advice and support, most children with Down syndrome can be toilet trained before they start school. Our experience has shown us that if children with DS are introduced to the potty at about the same time as they start to have solid foods (around 6 – 9 months) they will usually toilet train successfully.

Sometimes nurseries, schools or other care facilities believe that they are not allowed or able to support toilet training. This may be because of the time they think it will take, or because it involves intimate care.

However, nurseries and preschools should work with parents to ensure a consistent approach.

A child does not need to be crawling, walking or talking to start potty training.

There is information to advise nurseries and schools in the document *Managing Bladder and Bowel Issues in Nurseries Schools and Colleges*, available from:



EARLY TIMELY TOILETING

Grace's story

Grace was around 8 months old when mum put her in cloth (washable) nappies and started to sit her on the toilet. Mum was surprised to find that after a couple of goes she did a poo. At 14 months, Grace now regularly poos on the toilet and has even done a few wees.

Mum even says that when they are out if Grace starts to make a straining noise that she needs to do a poo mum tells her to wait, which she does do until they are home, when she will do a poo on the toilet.

Before this mum reported that she suffered with constipation and it was horrible to watch her suffering with every poo, but sitting her on the toilet enabled gravity to take care of things and this has really helped her.

Mum says that Grace is taking a long time with her crawling and walking so it is nice to have something that she is excelling in. Well done Grace!



AN EARLY INTERVENTION PROACTIVE APPROACH

Edith's story

The potty was introduced when Edith was about 14 months old, to get her used to sitting on it. At 16 months she started to regularly sit on - beginning at bath times and progressing to every nappy change then just at regular intervals even if the nappy was dry

She started weeing on it almost straight away and her parents taught her the sign for toilet alongside this and put her into pants at 2.5 years. Mum said that Edith couldn't walk when they first did it, which was off-putting, but they just went for it.

Well done Edith!



WORKING TOGETHER

Alfie's story

This case study shows the importance of school being on board with a toilet training programme. Lack of consistency between home and school can clearly delay progress.

Alfie had been using the toilet at home from around the age 3 yrs. However, overall progress was slow because school was not fully behind his toilet training; until his mum bought in the school nurse and included toileting in his Education Health Care Plan.

The issue was that school weren't ensuring he drank enough (to prevent accidents) and insisted he had a pull-up on over his pants.

However from Easter 2019 a combination of a wetting alarm, using the Fitbit Ace as a prompt, ensuring school took Alfie to the toilet regularly and ensuring he drank plenty worked.

When the alarm went off, he would stop weeing until he reached the toilet showing that he had control. Alfie was in pants 100% of time during 6 weeks holiday and started school in September completely toilet trained and dry most mornings. Well done Alfie!

Tips to success

The key to the success of a potty or toilet training programme is consistency and routine. If your child spends time with a child minder, family, at nursery or at school then they should follow the same toileting routine when there as they do at home.

