

Advice for parents and children using toileting charts

1. Children with bladder and/or bowel problems cannot always rely on a good signal telling them they need to go to the toilet. In order to get the wee and poo in the toilet they need a regular, effective toileting programme.
2. Think how often the child needs to sit on the toilet. For instance, if they have a poo problem, they should sit on the toilet 20-30 minutes after each meal and before bed – see [ERIC's Guide to Children's Bowel Problems](#) for more information. If they have a wee problem, you might like to encourage them to sit on the toilet every 2 hours, or perhaps every 3 hours – see [ERIC's Guide to Children's Daytime Bladder Problems](#) for more information.
3. Use the chart overleaf to plan when the child should aim to sit on the toilet. Please fill in the times that suit your child e.g. 'on waking', 'after breakfast' rather than having to go by the clock. This will help them get in the habit of sitting on the toilet at regular points in the day. You won't necessarily need to use all the boxes.
4. Children may need help planning times to go to the toilet at school. Talk to the child's class teacher and explain that it is essential for them to continue their toileting programme during the school day. If they are not supportive signpost them to the ERIC website for further guidance: *Help & Support > Help at school.*
5. When it's time to sit on the toilet, make sure the child sits comfortably with their feet flat and firmly supported on a box or stool. Their knees should be above their hips with a secure sitting position – they may need a children's toilet seat.
6. Children should be encouraged to sit on the toilet for a few minutes at each specified time. They will need to stay for a bit longer to allow any poo to come out. Make sure they have toys, games or books to distract them... it really helps if you can make it fun!
7. When the child has sat on the toilet, they can put a tick or a smiley face or a sticker in the relevant box on the chart. Reward the sitting and trying rather than the weeing/pooing itself – that may be an unachievable goal.
8. Try to build on the charts to increase better toileting habits long term. For instance, agree with the child how many stickers on the chart they are aiming for each week. Make it achievable; getting a full chart of stickers may be a bit daunting. If they reach the agreed target, reward them with an appropriate treat. Consider offering a bigger reward if they keep up the good work over a month!