# Teaching Tamariki/Children to Sit for a Poo

### Whānau/Family Information - Public Health Nursing Service

Most tamariki/children are ready to begin toilet learning between 18 months and 3 years of age, some may be younger and some a little older. It is important to keep all toileting interactions positive and fun, with praise for all attempts. Children learn through play and role modelling.

How often a child poos can vary between children, some will poo 1-3 times per day, others every second day. What is most important is that it is soft and comes out easily (Bristol stool chart Type 4-5).

#### What to do

- 1. Make the toilet an inviting place with pictures, a toy bag, nice smells.
- 2. A foot support and a toilet seat insert helps your child feel safe when sitting.
- 3. For every poo, change your child's pull up/nappy standing up beside the toilet.
- 4. Encourage them to be involved with taking off pull up, tipping poo into toilet, wiping, flushing and washing hands.
- 5. Use positive language and praise for all toileting attempts.
- 6. Reward all attempts, not just successes.
- 7. Get others on board, following the same process preschool, grandparents, anyone who takes your child to the toilet.

### Steps to move your child from nappy to toilet for poos

Take this process step by step – it may take several weeks or months for your child to feel comfortable enough to poo on the toilet.

- 1. If your child prefers to poo in a pull up, allow this but talk to your child about doing this in the toilet room only.
- 2. They may start to poo in another place, but gradually encourage them into the toilet room.
- 3. Encourage your child to squat when pooing (frog position) if wearing a pull up.
- 4. Once they are pooing in a pull up in the toilet room, encourage your child to squat beside or in front of the toilet.
- 5. Next, encourage your child to sit on the toilet with the pull up on. Use a foot support so their knees are above their hip height, and a toilet seat insert so your child feels safe when sitting (refer to toilet position picture on reverse).
- 6. When your child sits on the toilet for every poo, remove the pull up.
- 7. If your child is fearful of the 'splash' place some toilet paper into the toilet bowl before they sit.
- 8. At any stage if your child becomes uncomfortable or fearful **go back to the previous step.**

#### **Toilet times for poos**

### It is important for tamariki/children to establish a regular toilet routine. This can be achieved by:

- Encouraging your child to sit on the toilet 20–30 minutes after a meal, for 3–5 minutes.
- Take note of when your child usually does a poo and encourage them to sit on the toilet at that time each day.
- Keep a check on your child's poo, it should be a type 4, soft and easy to pass, at least four times per week. If this is not the case, check in with your Practice Nurse/GP for advice.

## For additional information and toileting advice visit:

- https://www.kidshealth.org.nz/ (search terms Toilet Training; Daytime Wetting; Bed Wetting; Constipation; Soiling)
- https://www.continence.org.nz
  (Continence Information Children)

# **Modified BRISTOL STOOL CHART**

Type 1	0000	Separate hard lumps, like pellets (hard to pass)
Type 2		Log shaped but lumpy
Туре 3		Like a log but with cracks on the surface
Type 4	<b>S</b>	Like a log or snake, smooth and soft
Type 5	9	Soft blobs with clear-cut edges
Туре б	4	Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces, entirely liquid



#### **Correct toilet position**

- Sit on toilet
- Feet on stool
- Elbows on knees
- Back straight
- Push out your tummy



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