



Parent Notes

Module 1

Toilet Learning: Measuring your child's behaviour

Contents

In brief
Describing behaviour
Measuring behaviour
Measuring behaviour chart
Graphing the behaviour
Your toileting homework
Toileting Skills sheet
Pants Check sheet



In brief

In this module you will learn how to:

- provide your child with toileting opportunities and describe how your child completes this task.
- do a **pants check** every hour, using a wetness indicator if your child is wearing a nappy/pull up.
- record how many times each day your child passes urine or a bowel motion.
- look at the information collected and see if there is a pattern emerging.
- begin writing your action plan.

Describing behaviour



See Workbook Page A-2



1C

When doing exercise 1C think of how your child responded the last time you provided her an opportunity to learn about toileting.

For exercise 1C, list five things that your child did successfully when given this toilet learning opportunity.



If you haven't given your child an opportunity yet, have a look at the Toileting Skills list (page 8). Consider each skill separately. Which ones have already been demonstrated?



1D

When you do exercise 1D, think again of how your child responded the last time you gave an opportunity to learn about toileting. Instead of listing things that you did not like, list the things that you would like your child to do differently when given the opportunity to attend the toilet.

IN FOCUS

'Telephone Test'

Remember to use the 'telephone test' when you describe your child's behaviour during a toileting opportunity.

If you have not yet provided your child with a toileting opportunity (that is, to use the toilet), you can describe another behaviour related to toileting using the telephone test.



H1

IN FOCUS

Action Plan

Begin your toileting action plan by recording a description of the difficult behaviour and how you plan to measure it. Use the template in workbook H-1 – Action plan – to list all the things you have decided to do to develop a toilet learning action plan. See Parent Resources for an example of a plan specific to the skills of toilet learning.

Measuring behaviour



See Workbook Page A-4



1F

Measuring behaviour is important when teaching your child toileting skills. Which toileting behaviour do you want to measure? What do you think would be the best way of measuring this behaviour? As well as measuring the frequency and the duration of a behaviour, you can also count the 'permanent product' of a behaviour. An example of a permanent product is when a child has a 'urine or bowel accident' while wearing underwear. The accident produces a permanent product: wet-pants or faeces in pants.



1G

By dressing your child in underwear only (no nappy/pull-up) you could count the total number of wet pants each day as a permanent product.

This is a very effective strategy for measuring behaviour, but it can be time-consuming as it results in another permanent product: washing.

IN FOCUS

Purchasing training pants

Training pants can be purchased at many department stores and online, and some states in Australia offer financial assistance. Phone the National Continence Helpline on 1800 330 066 to find out if financial assistance for purchasing training pants is available in your state. See Parent Resources for more details.

Wetness indicator for nappies/pull-ups

It is very difficult to count frequency of wetting by feeling nappies/pull-ups because, due to their absorbency, they take the 'wetness' away from the surface that touches the skin.

For this reason a 'wetness indicator' needs to be used. The wetness indicator needs to have poor absorbency so that you can tell that your child is wet when you do a pants check (by either feeling or looking at the wetness indicator). The wetness indicator will allow you to continue to have the benefits of using disposable products while still recording data.

Here are some ideas for wetness indicators:

- Dress your child with underwear then put a nappy/pull-up over the underwear.
- Place a piece of cloth with a poor absorbency inside the front of your child's nappy/pull-up. This could be an old handkerchief or piece of tea towel or sheet. You can also use tissues.

Make sure you place the wetness indicator in the correct position in the nappy (where it will get wet when your child passes urine).

Some disposable nappies come with a built-in wetness indicator; for example illustrations on the outside of the nappy change colour when the child passes urine.

IN FOCUS

When you go out

Continue to do the pants checks when you leave the house. In most cases a check can be done very discreetly.

It is important that your child understands that she can access the toilet at places other than at home.

If you are visiting friends or family and the wetness indicator is wet, give your child an opportunity to use the toilet as you would at home.

Some children may be uncomfortable using unfamiliar toilets, so maybe just standing in the toilet or bathroom is acceptable for now.

Measuring behaviour chart



See Module 1 Page 9

Knowing how many times a day your child passes urine (frequency of urine), is just as important as knowing how long she can stay dry (duration). To do this you need to find out what time of the day your child is urinating.

Use the Pants Check sheet at the end of these notes to record the times of the day when your child passes urine and bowel motions.



See Pants Check Sheet Page 9

Ideally pants should be checked every hour, as this will give you a clearer picture of the actual times your child is passing urine.

When measuring any behaviour, the more information you can obtain, the better. Continue to collect information on your child's toileting habits as you work through the Signposts toilet learning materials.

Graphing the behaviour



See Module 1 Pages 10-11

Filling in the graph can be very instructive. If you need help your facilitator can help you to graph the result from your Pants Check sheet. After a few days you may begin to notice patterns in your child's behaviour.



1H & 1I

See Workbook Pages A-5 & A-6



See Module 1 Pages 13

IN FOCUS

Pants checks by those other than parents

If carers and other family members are already attending to the child's hygiene needs through nappy changes, it is acceptable for them to do pants checks.

It is not recommended for an adult that the child is not comfortable or familiar with to do pants checks (for example, a casual babysitter).

Your toileting homework

1. Do pants checks several times a day, every hour if possible. It is recommended that you monitor when your child passes urine for at least seven days.
2. Fill in the section of your current Action Plan for Module 1.
3. At this stage, when you do a pants check, do it quickly and silently.
4. Start thinking about what preparation and equipment you will need to continue with your Action Plan.

Toileting Skills

Your child might be able to do some of these toileting skills. Tick off whichever skill your child learns.

- ☐ Alert a parent to the need to attend the toilet by talking, signing, pointing, and pictures.
- ☐ Know where the bathroom is.
- ☐ Know where the toilet is at home and/or at school.
- ☐ Get to the toilet, walking assisted or unassisted.
- ☐ Open door to the toilet.
- ☐ Step into position.
- ☐ Lift the toilet lid.
- ☐ Put the toilet reducer (kids' toilet seat) on the toilet.
- ☐ Pull pants down.
- ☐ Pull underwear down.
- ☐ Climb onto the toilet.
- ☐ Sit on the toilet.
- ☐ Do wee in the toilet.
- ☐ Do poo in the toilet.
- ☐ Find the toilet paper.
- ☐ Unroll the right amount of toilet paper.
- ☐ Wipe bottom.
- ☐ Put dirty toilet paper in the toilet.
- ☐ Climb off the toilet seat.
- ☐ Pull underwear up.
- ☐ Pull pants up.
- ☐ Flush the toilet.
- ☐ Place toilet lid down.
- ☐ Turn on the tap.
- ☐ Rub hands with soap.
- ☐ Rinse hands.
- ☐ Turn off the tap.
- ☐ Know where to find a towel.
- ☐ Dry hands.
- ☐ Follow simple instructions (e.g. go to the toilet).

(Your child's individual needs might require other skills.)

- ☐ _____
- ☐ _____

Pants Check

Child's name: _____ Week starting (date): _____

Use this pants check chart to record when your child is passing urine and bowel motions while wearing underwear, nappies or pull-ups. Only replace the wetness indicator if it is wet or soiled.

Day of week																		
Time	pants	toilet	pants	toilet	pants	toilet	pants	toilet	pants	toilet	pants	toilet	pants	toilet	pants	toilet	pants	toilet
6am																		
7am																		
8am																		
9am																		
10am																		
11am																		
12noon																		
1pm																		
2pm																		
3pm																		
4pm																		
5pm																		
6pm																		
7pm																		
8pm																		

KEY: W = Wee (in pants or toilet); P = Poo (in pants or toilet); D = Dry (pants);