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# 4 WAYS TO *support* TOILETING\*

\*without stickers or charts!



A FREE RESOURCE FROM  
SENSORY EXPLORERS  
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# NO STICKERS OR CHARTS?

Don't get me wrong - I LOVE stickers, charts, and lists when they're used in the right way at the right time. The problem is - a lot of kiddos who have trouble peeing or pooping aren't motivated by those things! This is because there are foundational issues and lifestyle changes that need to be addressed in order for your child to succeed with toileting.

While toileting is an essential function of daily life - it can be hard for some kids to achieve independence with this milestone because they are only just developing the skills they need to toilet efficiently. Skills like motor planning, trunk control, sphincter control, and sensory processing all play an integral role in toileting success.

I know that this can be a frustrating issues for you and your whole family. Maybe you feel like you're not getting the support you need, or you're feeling shame about your child's toileting issues. Listen, you're not alone and you are in the right spot!

Try these 4 supports to help address your kiddo's toileting routine and patterns.

- Sarah

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# 4 WAYS TO *support* TOILETING



## Build Knowledge

Arm yourself with solid, evidence based information. Using the bathroom is a biological and developmental process that takes time to achieve. Knowledge of anatomy, body function, and body mechanics will help you understand the proper pooping process.

*knowledge is power*

### Resources:

It's no Accident By Dr. Steve Hodges

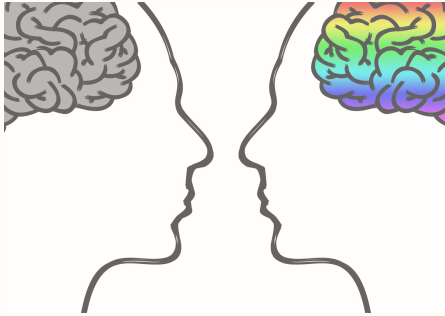
The Ins and Outs of Poop by Thomas Duhamel

"The Poo in You" Video on You Tube

[Check out my bowel and bladder booklist for kids!](#)

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# 4 WAYS TO *support* TOILETING



## MINDSET SHIFT

We live in a world where you are either potty trained or you are not. It's black and white. However, for many children the learning process is more complicated. Shift your mindset from thinking using the potty is an item on the parenting checklist to thinking of it as a learning experience that will evolve over time with your child's developmental needs.

One way to start doing this is by looking at the mini-milestones on the way to toileting independence. Mini-milestones can include:

- Tolerating being in the bathroom
- Telling you they feel like they have to poo
- Managing their clothing independently.

Resources:

Janet Lansbury on Toilet Learning

The Montessori Approach

*Shift your mindset to see potty learning as a process that grows and changes*

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## CONSIDER CONSTIPATION

Constipation is a common issue that impacts many children. Constipation can cause bowel and bladder dysfunction. The signs of constipation are not always obvious. Children can poop everyday and still be constipated.

*Constipation is one of the most common causes of bowel and bladder dysfunction in children.*

Big poops, rabbit pellets, poop accidents, pooping several times a day, bloating and tummy aches are all signs of constipation. Speak with your child's doctor about identifying and managing constipation.

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## POSITIONING

Improved stability leads to more mobility. This is as true for handwriting as it is for pooping. Creating a stable and supportive potty set-up improves comfort, safety, and allows the bottom muscles to relax to let poop out.

The proper potty position can be the change maker for many kiddos. Positioning can especially help kiddos who struggle to let poop out, who feel "unsafe" on the potty, or who will only sit on the potty for a few seconds.

*Improved stability leads to increased mobility.*

Here are the two key components to the proper potty position:

- Supported bottom (avoid the "i feel like I'm falling in" sensation). You may need a seat insert or a floor potty to achieve this.
- Knees should be slightly above hips. Most people require a foot stool to make this happen. You can check my amazon list for a wide variety of stool options.



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These supports are the most common answers I give to parents who contact me about their kiddo's toileting troubles. These resources paired with a mindset shift can help get you started on the path towards toileting wellness.

Reach out if you have any questions and let me know how it goes! I would LOVE to hear from you.

Need more help with toileting? Check out my online course "Let's Go! A Caregiver's guide to Childhood Bowel and Bladder Health"



**I want more!**

# bowel & bladder

# BOOKLIST FOR KIDS

## BOOKS ABOUT BODY AWARENESS

- My Body** By Jill McDonald  
**From Chewing to Pooping** By Lauren Gehringer  
**My Amazing Body** By Ruth Winston  
**The Fantastic Body** By Howard Bennett

## BOOKS ABOUT USING THE POTTY

- Let's Go to the Potty!** By Allison Jandu  
**Going to the Potty** By Fred Rogers  
**Diapers are not forever** By Elizabeth Verdick  
**Tiny Potty** By Andrea Olson  
**A Potty for Me** By Karen Katz  
**Time to pee** By Mo Willems  
**Potty** By Leslie Patricelli  
**The potty book for girls/boys** By Alyssa Satin Capucilli  
**P is for potty - elmo book**  
**Everyone poops** By Taro Gomi  
**Poop or Get off the Potty** By Margaret McNamara

## BOOKS ABOUT WHEN POOPING HURTS & FEAR OF POOPING

- Jane and the Giant Poop** By Suzanne Schlosberg & Steve Hodges MD  
**It Hurts When I Poop** By Howard Bennet, MD  
**I Can't, I Won't, No Way!** By Tracey J. Vessillo and Mike Motz  
**I Don't Want To Go To The Toilet:** By Annye Rothenberg  
**A Feel Better Book for Little Poopers** By Leah Bowen



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