

STEP BY STEP



TO EFFECTIVE PARENTING

TOILET TRAINING AND BEDWETTING

By Ruby M. Johnston

About Step by Step

Parenting is both an exciting and challenging journey. Having a child to love, nurture, and encourage is a blessing. However the journey is filled with challenges which are sometimes puzzling and at other times frustrating. This booklet and others in the series are designed to help you sort through the steps in helping a child grow and develop to reach her fullest potential.

Each booklet contains core information on parenting attitudes, skills and abilities. There are activities to work through to help in applying each strategy. While the booklets contain information which can lead to more effective parenting, it may not answer all the questions a parent might have in the area presented. It is therefore recommended that each and every parent join the thousands of other parents in the journey for lifelong learning. Parenting is a step by step learning process.

We invite you to read all our titles and join us in one of our many different training sessions. We look forward to walking together with you step by step to effective parenting!

Sincerely,

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TOILET TRAINING AND BEDWETTING

One feeling of parenting success is when a child is fully toilet trained and no longer wets the bed. However, this process can be a challenge for the parent and difficult for the child. Many parents complain about problems teaching their children how to use the toilet. Some parents feel guilty when they hear of other children who are toilet trained and their child is yet to find success in this behavior.

Children are ready for toilet training at different ages, and age is not a predictor of the readiness of a child. Many factors contribute to a child's ability to stay dry all night. It is common for children to manage to stay dry during the day and to stop dirtying their pants. At the same time, it is not unusual for children to have night accidents for years after they are toilet trained.

The parent should not blame, yell or punish the child for having accidents or for being "late" in learning to use the toilet. Toilet training is different for every child and every parent.

The goal of this guide is to provide you, the parent, with information which will help you understand toilet training and bedwetting. By using this information, your children will know they are understood and supported in the process of learning.

The next few pages of this guide contain the following:

- 7 Steps to Toilet Training
- Understanding Toilet Training Problems
- Points About Bedwetting
- Additional STEP-BY-STEP topics and titles.



SEVEN STEPS TO TOILET TRAINING

In general boys and girls do not become toilet trained at the same age. In fact it is common for girls to be successful at an earlier age than boys. Children from different countries accomplish this at different ages and rates as well. That means there is a cultural influence on training children to use the toilet. In addition, there are many developmental issues that contribute to this task as well. Most children in North America are fully trained by the age of three. However most children in Eastern Europe are fully trained much earlier.

Tatiana was discouraged when her two year old daughter still had wetting accidents. Her friend's child of the same age was always dry in the mornings and never had accidents. Tatiana wondered if she was doing something wrong. When questioned, she was doing everything right and it was clear the child was just not ready. Here are the different steps Tatiana had used to help her child learn:

1. Use Words to Describe Needs and Watching Behavior:

In changing her daughter's diaper she used the words to describe what she was doing. She would ask her child if she went pee in her diaper or if she went "poop." She watched her to see when she would pull at her diaper – usually a sign of being uncomfortable. She would then ask her if she went "potty" in her diaper, change her and tell her she was a good girl for letting mommy know and explain that it feels so good to have a warm dry diaper. All this was preparation for putting her on a potty and communicating what she wanted her daughter to do.

2. Introduce the Toilet or Potty:

If you are using a little child potty, put it into the bathroom a few days before starting the training process. Allow the child to sit on it with his clothing on. Tatiana was using the toilet, so she would hold her daughter over the toilet for a few seconds and talk to her, gently

telling her this is a potty for pee and poop. Once she sat her on the potty without clothing, she would encourage her to use the potty. She did not insist or stay for a long time. She never forced her daughter to sit on the potty. She did this many times before her daughter actually did anything in the toilet.

3. Use a Child's Potty:

If you are using a child's potty, you might want to let the child sit by themselves for a few minutes at a time. This should be for only short periods of time and should be done in a positive and reassuring way. Never leave a child unattended for long periods of time while they are sitting on the potty and never leave a child alone to sit on an adult toilet while you are teaching them to use the toilet.

4. Give Praise:

Tatiana said she praised her daughter each time she tried and each time she was successful. Praising her daughter was done to encourage her to want to use the toilet and she said her daughter responded to her with smiles and giggles when she received this praise.

Always praise your child for trying and for being successful. NEVER punish your child for having an accident.

5. Be Patient:

Tatiana said her daughter occasionally had accidents. She would never punish her, yet she was disappointed. Tatiana just needs to be patient. Her daughter was most successful in the daytime and occasionally had accidents at night. This is normal.

Children have accidents for many different reasons. They can become preoccupied with what they are doing, be reacting to a change in the family or in their life, or just feeling too busy to bother.

Some children continue to have accidents into their school age years. Some children may need an assessment from a doctor to rule out any physical problems. However, most children are just having difficulty keeping focused on their need, as they are so focused on their present activity. These children are not disobedient or abnormal.

Patience and praise go together. Your child needs to know you are proud of them. Tell them often. Remember this is about the child not about you.

6. Remind Child it is Time to Try Again:

Children need to be reminded. Tatiana would remind her daughter and often she would be successful when reminded. This is a good example of how her daughter would get too preoccupied to remember to use the toilet. The reminders were helpful. Sometimes when an accident occurred, Tatiana would admit that she had herself been preoccupied and had not reminded her daughter to try again.

7. Teach Hygiene:

After trying and after being successful, Tatiana always had her daughter wash her hands with soap and water. This was a fun activity for her daughter and she soon found that her daughter would often want to wash her hands faster than actually using the toilet. Tatiana is teaching a great habit for her child to learn.



UNDERSTANDING TOILET TRAINING PROBLEMS

There are times children seem to be toilet trained and then suddenly they begin to wet again. Often there is a reason for this. The child might be adjusting to some emotional change, a new baby in the home, or a major change in the home or for them. They might not be feeling well. Some children will have accidents when they are feeling ill.

As children get older, you can do the following to help them:

- Have the child change their own clothing or bed sheets.
- Do not embarrass them in front of others, keep the accident private.
- Allow them to wash their clothing privately so others do not know about the accident.

- If the accidents continue, consider having a medical assessment done for the child.
- Always praise your child for success and never punish for accidents.
- Remember your child does not want to wet themselves, everyone wants this to stop, especially the child.



POINTS ABOUT BEDWETTING

Remember ,bed wetting affects everyone. It causes frustration and confusion. Tatiana felt she was failing as a mother. She was not.

Bedwetting is embarrassing for children, they are often teased and taunted by other children, punished by uninformed adults and isolated as being different than others when outings and other events are scheduled.

- Medical issues can be the root of some bedwetting.
- Sudden changes in the child's life or the life of the family can result in the child wetting the bed.
- Most bedwetting is curable!
- The child is NOT a bad child and is NOT at fault. Bedwetting is not about fault, it is about change and development.
- Praise your child and give encouragement, letting the child know your belief and support for them.



FINAL STEP

Parenting is a big challenge. Every parent wants his child to be successful in everything he learns, yet success differs with age, culture, development and time. Each day is a special day, and it is better to focus on what your child is doing well than what your child is struggling with. Success might come slowly in the area of toilet training and bedwetting, yet for most children it does come. Parents need to be patient, supportive and continue to give the child the message that they are loveable, capable and worthwhile.

OTHER STEP BY STEP TITLES WITH NUMBERS

1. Understanding Child Development – Birth to Two – “The Infant”
2. Understanding Child Development – Three to Five – “The Preschooler”
3. Understanding Child Development – Six to Eleven – “The School Aged Child”
4. Understanding Child Development – Twelve to Fifteen – “The Young Teen”
5. Understanding Child Development – Sixteen to Eighteen – “The Older Teen”
6. Communication – Responding to Children
7. Communication – Feelings
8. Communication – Asking Children Strength- Focused Questions
9. Communication – Being Direct with Children
10. Communication - The Languages of Love for Your Child
11. Communication – What you Say and How you Say It
12. What Every Parent Should Know About Child Abuse
13. Sharing Secrets and Keeping Surprises – James’s Story
14. Teaching Your Child to Say, “NO” – Jessica’s Story
15. Understanding Childhood Illnesses
16. Caring for a Sick Child
17. Disease and How it Spreads
18. First Aide – What Parents Need to Know
19. Home Safety
20. Childproofing Your Home
21. Teaching Safety
22. Food Safety
23. Foodborn Illness
24. Nutrition
25. Feeding Problems
26. Bringing a Foster Child Into Your Home
27. Understanding the Effects of Fostering on the Family
28. Understanding the Effects of Fostering on the Marriage
29. Guide to Dealing with Stress As a Parent
30. Guide to Building a Healthy Marriage Relationship
31. Bringing our Adopted Child into Our Home
32. Helping Children Understand Adoption
33. Joining With my Adopted Child’s Culture
34. Understanding the Birth Parent of My Child
35. The Blended Family
36. When Family Members Treat My Foster or Adoptive Child Different
37. Understanding Attachment
38. Recreating History for My Adopted Child

39. Helping the Child who has been Sexually Abused
40. Teaching about Sexuality
 - a. How to Talk to Your Child
 - b. How to Talk to Your Parents
41. Understanding Sexual Behaviors
42. Teaching Your Child about Abstinence
43. Talking to your Teen about Identity
44. Contracting with Your Teen About Behavior
45. Developing Responsibility
46. Teaching Your Child to Build Relationships
47. Teaching about Marriage and Family
48. Telling Your Child Someone has Died
49. Understanding the Grieving Cycle
50. Understanding and Approaching Behavior
51. Dealing with Lying
52. Toilet Training and Bedwetting
53. Dealing with Defiance
54. Dealing with Hitting and Biting
55. Dealing with Stealing
56. Dealing with Anger
57. Dealing with Fighting
58. The Child Who Plays With Fire
59. Helping My Child Deal with Fear
60. Helping My Child Kick a Bad Habit
61. Help with Tattling
62. Dealing with the Two Year Old's Temper Tantrum
63. Help with Thumb Sucking
64. Help with Bedtime Problems
65. Dealing with Substance Abuse
66. Understanding Suicide
67. Developing Good Study Habits for School
68. Dealing with Failure
69. Demonstrating Manners
70. Helping Siblings Get Along
71. Nurturing Optimism

MORE TITLES TO BE DEVELOPED IN THE FUTURE