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TOT ON THE POT

NEWSLETTER

JULY, 2018

The essence of life is independence. Being independent instills confidence and self esteem in each and every individual be it an adult or a child. It is important that parents and occupational therapist help every child become as independent in their activities of daily living.

For children the activities of daily living revolve around:

- Dressing
- Feeding
- Grooming
- Hygiene
- Toileting
- Play skills
- School and academics

Over the next few months we will look at various activities of daily living and strategies for parents and professional to support these children and enable their independence. In this month's issue we are discussing Toileting with respect to potty training.

TOT ON THE POT

If you are potty training your toddler, or plan to do so any time soon, this might help you out.

Training your toddler to go potty in the bathroom can be an overwhelming task. There are ways to make this experience fun and easy for both you and your child. It seems like an easy process but involves a number of complex steps:

- ★ Age appropriateness
- ★ Need for sensory Awareness
- ★ Motor control and voluntary release
- ★ Environmental Factors



Timing is important. Ensure that your child is ready to be trained. Research shows that this time can vary from as early as 18 months to 3 years of age. Once the child has developed sensory awareness and registers that he/she has soiled the diaper, the child might indicate dislike towards the feeling of that soiled diaper and will want to stay clean. You will know that your child is ready when he/she is able to communicate through words, gestures or actions that he/she needs to go to toilet.

Motor control and voluntary release is an essential skill that needs to be in place in order to potty train your child. This can be worked on by improving your child's sensory awareness, core strength and interoception through sensory integration therapy.

The best way to start is to teach the child that the pot/toilet seat in the bathroom is where he/she must go potty. Using a visual of the toilet seat can aid their process of learning. The child must reach a point where he/she can access the card match it to one in the toilet right above the seat and sit on the toilet to do potty. Early on in the process of training, visit the bathroom at frequent intervals of 2 hours, with your child and reinforce how the child must sit on the toilet seat. Repeating this process intermittently and regularly will help your child associate and familiarize self to the concept of sitting on the toilet seat to do potty. Also making a potty chart will help the parents follow routine and measure success. The chart is basically going to help note the time of the day the child does potty and the number of days he/she actually successfully does it on the toilet seat. It will help you anticipate your child's potty time and thereby you can take steps before hand to avoid soiling

toys will make the time on the seat appealing and add the essence of fun and play to the experience. Also allow the child to play with the jet spray, use the flush and have fun in the bathroom. This will decrease their level of stress and encourage them to visit the bathroom more often.



While training your child it is a good idea to have him/her wear loose clothing that is easy to take off and wear such pants/shorts with elastic bands instead of buttons and zip or jumpers. This is just so that the child can easily doff and don self with minimal assistance. Keeping a stool in the washroom is another way to promote your child's independence and help them sit on the pot.



Potty training schedule								
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
								★
								★
								★
								★
								★

Don't force your child. Forcing your child to do potty on the toilet seat will only increase his/her anxiety. More the anxiety, more will be your child's resistance. Making the bathroom a relaxing and fun environment can be helpful. Stacking the shelf with your child's favourite books and

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Accidents will happen so be patient as this is a long drawn process and will take time to accomplish. It is important to reward children with lots of positive reinforcements and praise every time they are successful at toileting. It is a fun idea to create a potty prizes jar with small knick knacks of colorful stationary, or other simple items that your child may like. Everytime the child successfully goes potty he/she can choose one reward from the jar.

Take it slow, but keep it going. It will definitely pay off. Don't get hassled, if things don't work out visit a professional to seek help.

Be regular with following the strategies, things will change over time and surely get easier eventually.



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For any question or concerns regarding the newsletter please write to us on: reachtcf@gmail.com

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