



VICTORIAN CONTINENCE RESOURCE CENTRE



Tip sheet: Photo book for a story about toileting

It is easy to create your own realistic story books to help your child when they are learning new skills.

In this case the idea is to take photos of the child engaged in the toileting steps. Underneath the photos put words about what is happening in the photos. The story can then be read to your child.

Privacy

When taking photographs of your child it is important to ensure that their privacy is protected by these measures:

- Take the photos in such a way that nothing is visible below the waist. This can be achieved by placing a towel over your child's lap, or pulling their tee shirt or dress over their knees when they are seated on the toilet.
- Identify who will have access to this photo book and where it will be stored when it is not being read to your child. It should not be left with your child's toys and other books but should be stored in a secure location or with other books. It is a good idea to write on the inside cover who can use the book and where it is to be kept when not being used.
- Use photo printer facilities in large department stores and specialist photo shops if you don't have a printer at home. You can print off your own photographs without others seeing the photos. This further protects your child's privacy.

Home version of photo book

On the following page is a list of photos and the words that could go in the child's book, depending on the steps you have chosen for the toilet training program. The words are only suggestions. It is important to use the words you would normally use with the child.

You do not have to take all of the photos at the same time. Some can be taken when the child is engaged in activities other than toileting, for example, washing and drying hands and playing with toys.

How to use the book

Read the book with your child before taking your child to the toilet. Give your child the book to read when sitting on the toilet.

Other ways to use the picture set

Instead of putting the pictures in a book you could use them as prompt cards you stick on the wall next to the toilet.

Use only the photos showing the skill you are working on. For example, to show sitting on the toilet:

- Photo 1: Walking to the toilet
- Photo 2: Pulling down pants
- Photo 3: Sitting on the toilet
- Photo 4: Pulling pants up.

Photo book suggestions

| Photo | Ideas for the words to use |
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| Child engaged in an activity | (Child's name) is playing with his toys |
| Child communicating need to go to the toilet | He is telling mum/dad that he needs to go to the toilet |
| Child and parent walking in direction of toilet | Mum/dad going with (child's name) to the toilet |
| Child standing in front of the toilet with thumbs inside waistband (to indicate pulling down clothes) | (Child's name) is pulling his pants down |
| Child seated on toilet | (Child's name) sits on the toilet |
| Pretend poo and wee in the toilet bowl (use brown playdough and yellow food dye to colour some water) | Look (child's name) has done a wee and a poo in the toilet. (Insert here praise statement, e.g. 'That's fantastic!') |
| Child or adult hand holding a wad of (clean) toilet paper | (Child's name) is going to wipe his bottom clean now |
| Child standing from toilet with clothes pulled up, thumbs inside waistband (to indicate pulling up clothing) | (Child's name) gets up from the toilet and pulls his pants up |
| Child flushing toilet | (Child's name) flushes the toilet |
| Child washing hands | And washes hands |
| Child drying hands | Now s/he dries them |
| Child receives reward for using the toilet | Everyone is very pleased. Mum/dad give (child's name) a reward |
| Child returning to activities | (Child's name) goes back to playing with his toys |