



Tip sheet: Sitting for wee but nothing happens

Your child may be happy to sit on the toilet but does not wee into the toilet. Soon after getting off the toilet they may wet their pants.

There are several reasons why this may happen. Your child:

- has toilet times that don't match their pattern
- has an inconsistent toileting routine
- may not understand the feeling of needing to do wee
- may have poor understanding of what they are meant to do on the toilet
- may be anxious or fearful about sitting on the toilet.

What you can try

- Keep a toileting record to identify your child's pattern then adjust the toilet times to match these times. You may wish to use the *Wee & poo: daily recording sheet* on page 24 of the booklet.
- Plan toilet times after meals, sleep or exercise.
- Give your child a big drink 10–15 minutes before toilet time to increase the likelihood of your child doing wee. This will also help your child learn the feeling of 'fullness'.
- Establish a regular toileting routine and times so your child has several opportunities each day to practise and learn what is expected.
- Make a photo book with photos of your child following the steps of the toileting routine. The tip sheet *Photo book for a story about toileting* explains how to make the book. Alternatively you may wish to use a storybook or DVD about toileting. Several suggested titles are listed at the end of the booklet.
- A pants alarm is another option you may wish to try. The alarm helps your child learn the feeling of needing to do wee. The tip sheet *Using a pants alarm for toilet training* gives information about the alarm and how to use it.
- To help your child 'let go', try pouring water from one jug to another, have your child blow bubbles, or play the sound of running water

- Think about whether the toilet area is calm and relaxing; music or a toilet toy can help here. Also consider possible sensory issues related to smell, noise, light or touch. The tip sheet *The toilet area* gives suggestions on how to make the toilet area feel welcoming and pleasant for a child.
- Make sure your child feels safe on the toilet and is able to sit in the correct toilet position. The correct toilet position is particularly important for doing poo. The tip sheet *The toilet position* gives the details.
- Make sure your child is interested in the reward they are being given.
- Make sure that you are calm and give only limited attention when you are cleaning up an accident and changing your child into clean clothes.
- Having used these suggestions, if there is no progress you may need to take a break from toilet training. But it is important to keep to consistent routines to help your child maintain skills they have learnt and for them to practise dressing and undressing.
- Before you start toilet training again it is a good idea to re-do the *Toileting skills check list* on page 9 and to keep the *Wee & poo: daily recording sheet* on page 24 of the booklet.