



VICTORIAN CONTINENCE RESOURCE CENTRE



Tip sheet: Toilet position

Sitting on the toilet in the right position is important to make sure your child empties out all their wee and poo.

- Your child's bottom should be touching the back part of the toilet seat.
- Feet should be flat on the foot stool and not hanging down in mid-air as your child may find it more difficult to do poo.
- The step height will depend on your child and your toilet.
- Make sure your child's feet and legs are apart when they are sitting.
- Have your child lean forward with a straight back. This means they bend from the hips
- When your child is passing wee or poo get them to push out their tummy above the belly button like a balloon. This allows the bottom to open and the poo to come out.
- If it doesn't work the first time have a rest and try again.
- Make sure your child is safe and feels safe – see the tip sheet *The toilet area*. If your child has balance or other physical problems talk your occupational therapist or physiotherapist.



Adapted from: *How to sit on the toilet to do a poo* by Sue Markwell for NidKids Support Group 2001