

Teaching Tamariki/Children to Sit for a Poo

Whānau/Family Information – Public Health Nursing Service

Most tamariki/children are ready to begin toilet learning between 18 months and 3 years of age, some may be younger and some a little older. It is important to keep all toileting interactions positive and fun, with praise for all attempts. Children learn through play and role modelling.

How often a child poos can vary between children, some will poo 1-3 times per day, others every second day. What is most important is that it is soft and comes out easily (Bristol stool chart Type 4-5).

What to do

1. Make the toilet an inviting place with pictures, a toy bag, nice smells.
2. A foot support and a toilet seat insert helps your child feel safe when sitting.
3. For every poo, change your child's pull up/nappy standing up beside the toilet.
4. Encourage them to be involved with taking off pull up, tipping poo into toilet, wiping, flushing and washing hands.
5. Use positive language and praise for all toileting attempts.
6. Reward **all attempts**, not just successes.
7. Get others on board, following the same process – preschool, grandparents, anyone who takes your child to the toilet.

Steps to move your child from nappy to toilet for poos

Take this process step by step – it may take several weeks or months for your child to feel comfortable enough to poo on the toilet.

1. If your child prefers to poo in a pull up, allow this but talk to your child about doing this in the toilet room only.
2. They may start to poo in another place, but gradually encourage them into the toilet room.
3. Encourage your child to squat when pooing (frog position) if wearing a pull up.
4. Once they are pooing in a pull up in the toilet room, encourage your child to squat beside or in front of the toilet.
5. Next, encourage your child to sit on the toilet with the pull up on. Use a foot support so their knees are above their hip height, and a toilet seat insert so your child feels safe when sitting (refer to toilet position picture on reverse).
6. When your child sits on the toilet for every poo, remove the pull up.
7. If your child is fearful of the 'splash' place some toilet paper into the toilet bowl before they sit.
8. At any stage if your child becomes uncomfortable or fearful **go back to the previous step**.

Toilet times for poos

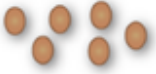






It is important for tamariki/children to establish a regular toilet routine. This can be achieved by:

- Encouraging your child to sit on the toilet 20–30 minutes after a meal, for 3–5 minutes.
- Take note of when your child usually does a poo and encourage them to sit on the toilet at that time each day.
- Keep a check on your child's poo, it should be a type 4, soft and easy to pass, at least four times per week. If this is not the case, check in with your Practice Nurse/GP for advice.

For additional information and toileting advice visit:

- <https://www.kidshealth.org.nz/>
(search terms Toilet Training; Daytime Wetting; Bed Wetting; Constipation; Soiling)
- <https://www.continence.org.nz>
(Continence Information – Children)

Modified BRISTOL STOOL CHART

Type 1		Separate hard lumps, like pellets (hard to pass)
Type 2		Log shaped but lumpy
Type 3		Like a log but with cracks on the surface
Type 4		Like a log or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces, entirely liquid



Correct toilet position

- Sit on toilet
- Feet on stool
- Elbows on knees
- Back straight
- Push out your tummy

