



# Fact Finding



## Children's Toileting Habits

Many children experience bumps in the road during their toileting journey and we want to gain as much insight into their experience as we can so that we can support them better.

Is your child at the start of their toileting journey or have they regressed?	
Are they showing signs of being aware when they need to go to the toilet or have been?  Can you describe these signs?	
On average, how often does your child urinate and defecate throughout the day?  Is there a regular time for this?	
What do you and your child call these movements?  Do you use specific names for genitalia?	
Is your child confident in pulling their clothing down when they need to use the toilet independently?	
Is your child in nappies or pull-ups?	
When at home what equipment does your child use for toileting?	
If they use a potty or toilet seat, are they themed?	
How long does your child normally sit on the toilet or potty?  Do you offer any distraction whilst they are toileting?	
What are their fears around this topic?	
Do they require help with wiping themselves?	
Do you use rewards and if so, what do you find effective?	

What language do you use? Examples are great.	
Do you have any worries as their parent?	
Has your child been constipated before? And if so, did they receive treatment?	
What are your child's drinking habits?	
Is your child happy to use a toilet outside of the home?	
Do they have any fears around this?	
If your child regularly has accidents, what do you feel is the cause of this?	
Has your child been exposed to any conflict in the home?	
Has anything recently changed within the home?	
Please add any further comments	