

## Appendix Four

### Children's continence service.

#### Promoting continence pathway for General practitioners.

### Toileting Advice

Advise parent/carer to encourage the child/young person to use the toilet regularly during the day about every 2 hours. However if they are wet more often than this the interval should be shorter to try to ensure they remain dry.

Suggest the child/young person uses the toilet after they have had a drink.

Secondary school children may benefit from a toilet pass to school this usually requires a letter to the school or contact the child's school nurse to arrange.

Advise parents/carers to speak to their child's teacher initially in primary school ensuring they have access to the toilet at all times. Sometimes having a signal or code can be helpful for the child rather than them having to wait to ask to go to the toilet.

Advise parents/carers of younger children to use an inner seat and step so the child is able to sit comfortably, supported and their feet on a firm surface.

Children with mobility difficulties or sensory issues may require a referral to the paediatric occupational therapy department for an assessment of their toileting needs.

If the child/young person feels they need to pass urine urgently or suddenly they may be encouraged to count to 5 to see if the feeling goes away and they can wait until their next planned toilet visit. If the feeling remains or they are likely to be wet they should be advised to go to the toilet straight away.

The child/young person should be encouraged to remain at the toilet long enough to complete voiding.

Children should be encouraged to sit on the toilet long enough to complete a bowel action. They should be able to sit privately.

It may be a benefit for some children to use the disabled toilet at school as this is more private. Especially if they need to get changed if they are wet or soiled. Parents/carers should discuss this with the child's teacher.

Parents/carers should be encouraged to take into school spare clothes, wipes and plastic bags for the damp clothes if their child or young person has a wetting or soiling issue.

Children should be encouraged to learn to change themselves independently as soon as they have the developmental skills to do so. If the child is wetting or soiling at school they may need support with learning to change themselves or until their dexterity is sufficiently good to manage alone. Schools should provide this support. If there are issues with a child being changed at school contact their school nurse.