

The 'standing change' to develop toileting skills



Information for parents, carers and educational staff

Why

As children get older (*and more mobile*) the option of standing to change/freshen up their pants, pull ups or pads is a more appropriate alternative to lying on a changing mat, it is a more dignified and respectful experience for them.

The standing change can occur beside the toilet making the transition from changing to using the toilet more natural and helps to develop understanding of the purpose of a bathroom/toilet.

It allows for natural development of toileting prior to toilet training, it is more age appropriate and provides an opportunity for more autonomy for the child and allows them to become more involved and aware of what is happening.

Lying down on a mat being changed by an adult is appropriate for a child who cannot stand however, once able to stand the child can be more involved in the process.

Preparation, organisation and practice are key to this being successful.

How

We suggest the child is positioned with their back to the adult who may find it easier to kneel side on, the child may need to hold on to a stable surface e.g., edge of sink/ bath or a rail. Think about your own position and the impact of this, side on will make it easier to engage with the child. Positioning for yourself and the child may be dependent on the environment and space available. Be aware of your own posture, consider whether something like a kneeling mat would help.

Rip the pull-ups/pad at the sides, hold this underneath and pull back using a wiping motion. This will be easier with a wet pad than after a bowel movement, if you can, try to change as soon after a bowel movement as possible as this will make removing the pad and cleaning easier.

There will be times when there may be more soiling however, if you are prepared, the standing change can be easier than having the child lying in their soiled pad.

When you have finished cleaning try to encourage the child to reach and wipe with the last wipe to help them develop the skill of wiping, hand over hand support can be provided, this is much easier to teach if the child is in a standing position compared to lying down.

Once the pad is removed show the child that the bowel movement goes into the toilet, if possible, they help to flush it away. This could be something to work towards and will be helpful when your child starts toilet training.

If able you could ask the child to bend forward slightly to allow you to wipe or they could stand with legs apart to allow thorough cleaning whilst holding on to something to stabilise themselves.

Plan ahead

Make sure you have everything you need; wipes, new pad, change of clothes, consider if there is anything else that could be useful i.e. a towel. If you don't have one consider a nappy caddy or a basket with handles to store everything you need, it is portable and easy to access everything you need during the change.

If the child has reduced attention and can be easily distracted/inclined to try walk away consider having something to distract them, a favourite song playing to sing along to or a toy to hold and play with.

Consider if a visual timetable, social story or song signifiers help prepare them and help them stay on task.

The standing change also helps with development of dressing skills as you can encourage your child to help put on fresh pull ups and clothes. Encourage the child to pull down their trousers before supporting them to pull back up as undressing is easier to learn first before dressing.

Useful resources

Bottom wiping advice NHS Greater Glasgow and Clyde https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/bottom-wiping-activity-sheet/	 SCAN ME
Bottom wiping advice NHS Lothian https://children.nhsllothian.scot/wp-content/uploads/2022/05/Bottom-Wiping-Universal-Advice-Sheet.pdf	 SCAN ME
Toilet training Eric https://eric.org.uk/potty-training/	 SCAN ME
Toilet training NHS Greater Glasgow and Clyde https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/readiness-for-toileting-information-sheet/	 SCAN ME
The Children's Bowel and Bladder charity ERIC provides advice and information to support toileting: www.eric.org.uk	 SCAN ME