

# Scheduled Toilet Sitting



This handout explains how to help your child sit on the toilet and relax the pelvic floor (muscles that control your pee and poop) to make it easier to poop.

## Step 1: Choose the right time for toilet sitting.

- It is normal for most people to have intestinal activity after a meal. This means that when new food comes into the stomach, the stomach tells the colon to make room for more poop.
- Toilet sit times should be around the same time every day and with no distractions (something that takes their attention away). For example, sit times could be:
  - after breakfast
  - after school
  - after dinner
- The number of timed sits depends on the child's age.
  - Younger children may need 2 to 3
  - Older children may only need 1

## Step 2: Set a timer for 5 minutes.

- If your child poops before the 5 minutes, they should stay on the toilet for three more tries for pushes after something comes out.

## Step 3: Sit on the toilet with knees higher than hips and apart (squatting) – use a foot stool or a potty stool.

- A lot of children do not like this position, but it will help poop come out more easily.
- A toilet sit only “counts” if the child is in the right position.

## Step 4: Get your child to bear down (push) with activities such as:

- Blowing bubbles
- Pinwheel (toy that spins when you blow on it)
- Blowing up balloons
- Singing songs
- Farting game – challenge your child to see who can fart first
- Blowing bubbles through a straw into a cup of water

\*\*\* Toilet time should be active pushing. Avoid distractions such as electronics, screens and books during the toilet sit \*\*\*

## Step 5: Give a reward for sitting and a double reward for successful toilet sits.

- Examples of rewards include earning stickers to get a prize or earn screen time.