



Tips for Toilet Training



Definitions of Commonly Used Toileting Terms

Word in Text:	Definition and Description:
Wee	Also known as: pee, bladder motion or urine. A liquid waste product produced in the kidneys and stored in the bladder. Wee is released from the body through the urethra.
Bladder	An organ in the lower body that is connected to the kidneys. The bladder stores the liquid waste product known as urine or wee.
Poo	Also known as: faeces, bowel motion or stool. A solid waste product produced in the large intestine or bowel and stored in the lower bowel and rectum. Poo is released from the body through the anus.
Bowel	An organ in the lower body that is connected to the stomach. The bowel processes food. The lower bowel and rectum store the solid waste product, known as faeces or poo.
Constipation	A condition causing poos that are firm, infrequent and difficult to pass.
Hold on	The ability to tighten the muscles around the urethra and anus to stop wee and poo being released.
Letting go	The ability to relax the muscles around the urethra and anus to allow wee and poo to be released.
Need to go	The sensation of awareness when there is a full bladder or bowel.
Accidents	The unexpected release of wee and poo that causes wetting and soiling of clothing.
Independence	The ability of your child to do a task or an action by themselves.
Independence skills	The actions in the toilet routine that your child needs to do, in order to use the toilet by themselves. These include the ability to: move to the toilet, pull pants up / down, wipe bottom, flush the toilet, wash and dry hands.