

"Tackling Toilet Time"

Part 4:

Bedwetting and Challenging Behaviours Related to Toileting



Bethany Brewin, *Occupational Therapist, M.Sc.O.T*
and Kristin Gunby, *Behaviour Analyst, M.S., BCBA*

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Agenda

Answers to common questions about:

1. Bedwetting
2. Upset or other challenging behaviours related to toileting



Toileting Guide

**Toileting and
associated skills**

**When to focus on a
particular skill**

**Who can help with
various goals**

Common strategies



Bedwetting

- Bedwetting is urination during sleep
- Different reasons:
 - Hormones
 - Sleep apnea
 - Chronic constipation
 - Small bladder
 - UTI
 - Related to other diagnosis
 - Inability to recognize a full bladder

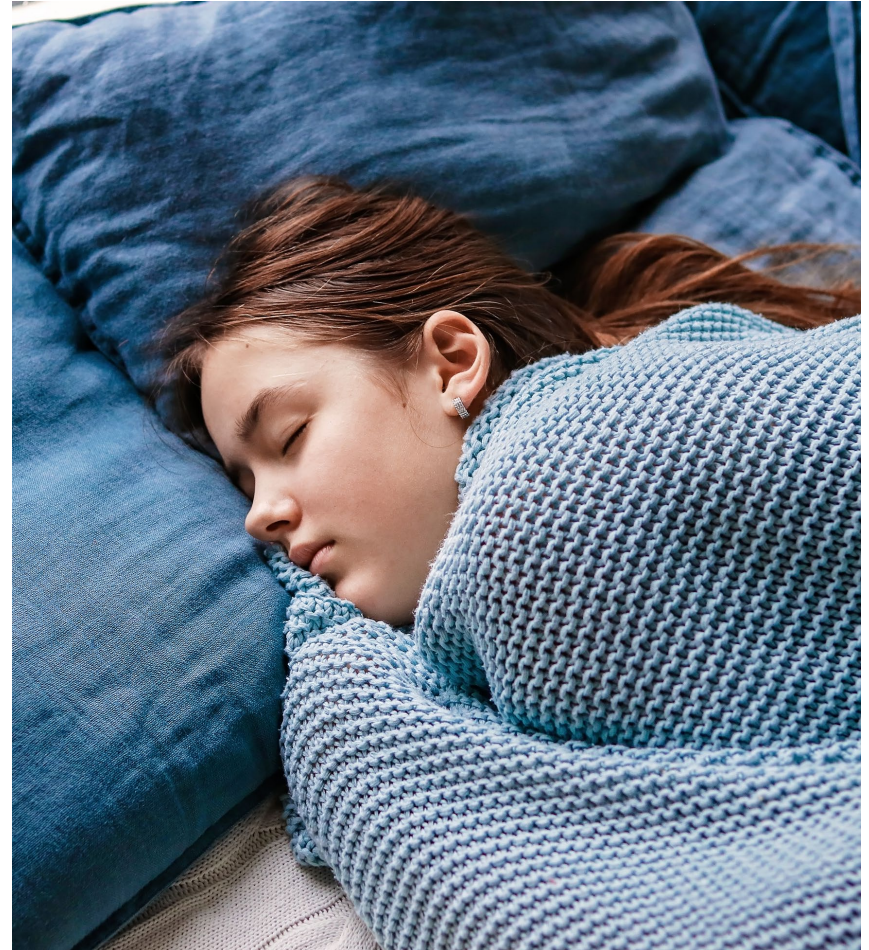
[\(Mayo clinic, 2023\)](#)



When to Seek Support

- Is over the age of 7 years
- If they previously were dry throughout the night and are now experiencing bedwetting
- If the bedwetting includes other unusual experiences

[\(Mayo clinic, 2023\)](#)



Who Can Help?

- Speak with your family doctor or paediatrician FIRST to rule out medical reasons for bedwetting
- Occupational Therapist (OT)
- Board Certified Behavior Analyst® (BCBA)



Challenging or Upset Behaviour

Children get upset for various reasons:

- May want to avoid or escape something (e.g., *painful bowel movement, loud hand dryer sound*)
- May want to access something (e.g., *may want to flush something not flushable, or maybe pee onto the floor*)



Who Can Help?

- Speak with your family doctor or pediatrician **FIRST** to rule out medical reasons for challenging or upset behaviour related to toileting
- An Occupational Therapist (OT)
- Board Certified Behavior Analyst® (BCBA)



Challenging or Upset Behaviour

- Professionals are likely to investigate underlying reasons for your child's upset behaviour related to toileting.
- Next, a plan is created to help your child get their needs and wants met in a safer way.



Fecal Smearing

Common reasons:

- medical
- sensory
- behavioural



Who Can Help?

- Speak with your family doctor or paediatrician FIRST to rule out medical reasons for fecal smearing
- Occupational Therapist (OT)
- Board Certified Behavior Analyst® (BCBA)



Fecal Smearing

Tip:

- *Ask your therapy team for recommendations or suggestions for clothing that limits your child's access to their diaper or underwear (for example: one-piece pajamas with fasteners at the back).*



Toileting Set-backs

changes in
routine

times of stress

growth,
changes in
hormones

changes in
medication

changes in
eating or
drinking habits



Taking Care of You

- Your feelings are important
- Consider:
 - What is a priority for your family?
 - What strategies might fit your values? culture?
- Share your questions, concerns, apprehensions with your professional team.



Taking Care of You

- Take time for yourself
- Connect with other caregivers



Who Can Help?

- Social work/
Mental Health support
- Family
- Friends
- Neighbours
- Respite
- School team



“It Takes a Village”!



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Take Aways

1. There can be many different reasons for bedwetting and many different professionals who can help to support. Be sure to check in with your physician first to rule out any medical factors.
2. Professionals can support with investigating potential underlying reasons for upset and other challenging behaviours.
3. Seek support from your professional team and personal network as you “tackle toileting”.



Questions



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References

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