

## SAKTHI FOUNDATION

[Montessori integrated Uni5]

### NAMMA VEEDU MONTESSORI SCHOOL

#### TOILET HABIT OF THE CHILDREN



**This 1 year old infant is prepared to be on his own by training with the needs of his age.**

Let us listen to **Ms.Lynn Lillard Jessen** an experienced Montessori parent trainer in USA about the bathroom habits of the child especially about parents' attitude. She is one of the very few living tutor trained by Dr.Montessori.

***"From the beginning it is essential that the child participate in each clean-up session. Again, the goal is not dry pants but a child who feels appropriately in control of herself and her life. Let her be independent as possible in getting her wet pants off and putting them in the pail of water in the bathroom.***

***The child can soak up her urine from the floor with the small mop and cloth, and she can wipe herself with her wash cloth and towel. She can put her other soiled clothes and items she has used in cleaning up into her laundry hamper. She can the wash her hands and dress herself in fresh clothes.***

***Unfortunately, when difficulties in toileting arise, parents today are too quick to abandon their child's mission of self-formation. They put her back to diapers, usually disposable ones, and miss the opportunity that appropriate timing with their child's Sensitive Period provides."***

- Toilet training is one of the most important in the culture of the human life as this relates the child very closely with adults in his self-construction.
- Toilet training is the first major experience in collaboration with an adult for an educational purpose.
- For a child below 6 years it may be just the time to change himself to day new clothing but apart from that we are here to assist the child to make him to understand that he is ready to understand few aspects of his body anatomy.

- *We are responsible to assist this child to control his bowel and bladder actions. We need to help him to increase his attention towards his own physiology. This takes him to the personality care also. There comes the language pattern which will show him how to communicate certain aspects to others in certain language pattern.*
- The **MYELINATION** [NERVE COATING] of neurons is ready by 1 year old in a human baby to control his bowel actions.
- **NO TO ARTIFICIAL DIAPERS!!!**
- Eating and sleeping patterns are the 2 most important aspects before we assist him in toilet training. They must be well scheduled from the earlier months after his birth.
- Try to expose your baby's body especially her back to the sensation of dryness and wetness from his earlier days.
- The same experience can be given to him in the dressing system. In Montessori environments children are allowed to be very free with water, getting wet and they themselves take their dress care.
- Most of these children will approach the helpers and say that they are wet and infants by 1.5 years will indicate us that they have some different sensation in their back and dress.
- In India better use natural cotton pants, Indian style cloth diapers from the earlier stages.
- Artificial diapers may remove the wetness from the child's body but they give the comfortableness and the child is feeling very tough to sit and work.
- The diapers also after few wetting time does not help the child to feel the new sensation of wetness. This has made them to urinate without control, where we can't assist him to become cultured in toilet habits.

#### **HOW TO ASSIST MY CHILD IN BATHROOM USAGE?**

- First from his early stages of life use the signal language for 2 types of toilets. [**usually in Madras schools we says "susu" for urination and "lu" for toilet**]
- First of all the adult must not show the facial expressions and verbal expressions that the child has wet his clothing.
- This has made many children to feel that toileting is a very bad habit and they stand and shout before all with a bad cry of fear and irritation.
- Let us calm down and say, "my dear baby! Now you have urinated. Yes you had susu... let mama help you to clean and change your dress, let us go to the bath room"
- Take the child to the bath room from his infant stage and change his dress after cleaning his body.
- This will help the child slowly to move towards bathroom when he starts crawling. [My brother's baby use to approach the bathroom by 7 months as the mother has trained him as we say in this point]
- Most of the children in the Montessori schools also do the same, that too many have learnt to feel the sensation and go calmly to the toilet and then call the helper for further assistance.
- In a school we saw that children have been trained to just stand and raise their hands to give the signal that they need immediate assistance for toileting.
- By 2.5 years children when get trained regularly start using the bathrooms.
- Please avoid using the open lands, rooms for toileting from the 5 months old. Especially Indians must change this attitude.
- The child is also trained to wash himself with a mug of water and soap.
- The sensitive period for toilet completes between 1 – 1.8 years by which we are very aware about in training the infants.

#### **BATHROOMS**

- Bathrooms and toilets must be very clean and need not be luxury.
- The schools are also providing child size closet.
- We always help the child to sit in Indian pattern to avoid the infections in their body.
- The toilets must be exposed to the child in a clean way to use and it is very important for the child to learn to use both day and wet toilets.
- Please avoid using tissue papers, clean with fresh warm water till 1.5 years.
- Do not allow the child to sit for toilet with his pet toy. The emotional mind set up with his toy will divert his nervous attention in cleansing his bowels.
- Also do not stress the child to come soon and at the same time do not allow him to sit and live inside the bathroom. Many children like the bathrooms for its moisture, water tubs, after toileting they start playing.
- Please put fragrance tablets in your toilets.
- At the same time the child must be trained [especially Indian children] to get familiar with host's bathrooms.
- If you are going to a village to attend a function, slowly talk to the child about the bathrooms. Many children have controlled their toilets in host's homes and got into infections, bowel problems.
- Place the basket which must be easy for the child to put the wet dress immediately after removing it.
- Try to wash immediately by dipping in the water with a spoon of Dettol and our school children have been used to it. Today they themselves bring the Dettol bottle to us. Sometimes elder children pour a little of Dettol on the floor and start helping the helpers.
- Try to finish all bathroom cultures inside the bathroom and allow him to go out.

**Dr.Madeswarn.M**