

The impact of readiness on the acquisition of bladder control: a pilot study

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Background and Aim

BACKGROUND

- 30% of the parents is insecure about the appropriate time to start toilet training (TT).
- Recently a postponement of initiation of TT is noticeable, mean age is 21-36 months.
- Western TT will not be initiated until a certain degree of readiness is present.
- Is, in an intensive TT method, readiness of the child necessary?

AIM

- To assess the impact of the infantile readiness on TT and the duration of TT.

Methods

- 35 Infants (age 18 - 30 months) staying in daycare received TT.
- Protocol: Intensive TT for 2 hours on 2 consecutive days. (figure 1)
 - Assessment of RS based on a checklist
 - Intensive TT for 2 hours
 - Parents continued TT at home, kindergarteners in daycare
 - Assessment of duration of TT and rate of success TT

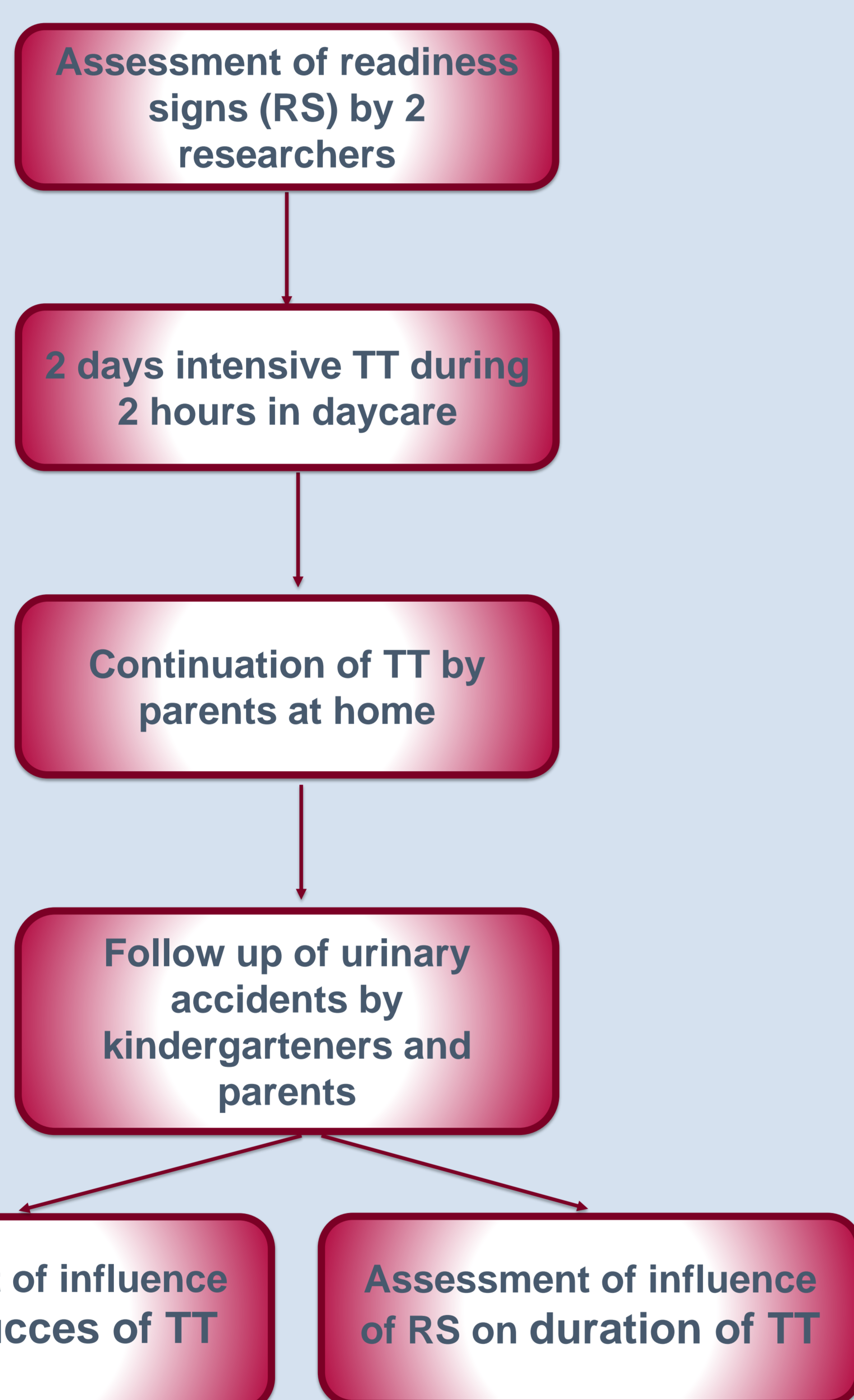


Figure 1

Results

- Infant's age was higher when the infant was considered to be ready ($p = .001$).
- Success TT ~ being able to express a need to evacuate
~ showing awareness of the need to void or to have a bowel movement
- \nearrow Duration TT in infants who were considered as not ready compared to being ready.
- Duration TT \nearrow age
 \nearrow number of days infants attained daycare per week
- Readiness present in infants: \nearrow duration TT if \checkmark days of daycare ($p=0.042$)
- Interrater agreement RS (professionals – parents): moderate (0.339 – 0.484)

Interpretation of results

- The older an infant, the more considered to be ready.
- Being ready: indicated by a higher number of RS present.
- Remarkable: expressing the need to void ~ sooner TT
 - ↳ 'elimination signal'(ES).
 - ↓
 - Will recognizing ES lead to TT at a younger age?
 - ↓
 - Parents can perceive these ES → possible anticipation on TT
- African / Asiatic cultures: common implementation of ES decreases age of acquiring bladder control (9-12 months).

Conclusions

- Being considered as mature, will shorten duration of toilet training.
- When an infant is able to express a need to evacuate or shows awareness of the need to void, TT will be advanced.
- Being aware of the need to void and being able to express it can be defined as an ES.
- Is presence of the RS 'expressing the need' enough to advance toilet training?