

Continence Participation Inchstones

We usually think about toilet-learning as a milestone: a big achievement that is “all or nothing”. However, there are lots of skills and comfort areas that are helpful along the way. We call these “inchstones”, the small steps on the way to milestones.

Proximity

- Enters the bathroom briefly
- Stays in the bathroom for non-toileting activities
- Allows hygiene in the bathroom
- Sits on a closed toilet and/or with pants up
- Sits on open toilet and/or pants down momentarily
- Sits on open toilet for a minute or more
- Sits on toilet in multiple locations
- Watches own BM flushing down toilet

Hygiene, Clothing, & Medical

- Allows adult to help with clothing changes
- Allows adult to help with hygiene (wiping, washing, etc.)
- Does hygiene (wiping, washing, etc.) with help
- Takes off/puts on clothes before and after changes or toileting with help
- Takes off/puts on clothes before and after changes or toileting without help
- Wipes or changes own wet or soiled brief/diaper without help
- Flushes toilet
- Washes hands with/without prompting
- Completes toileting process (sitting, clothing, hygiene) without help
- Willingly takes prescribed medication

Communication

- Watches books or videos about toileting
- Discusses toileting, accidents, or bowel health with trusted adult
- Communicates that they are wet or soiled
- Initiates going to use the toilet by walking there, or showing/telling someone they need to go

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