WHAT OUR FAMILIES ARE SAYING:

“It took three visits and our daughter was fully trained. Now we are back with her little brother.”

“The clinic was not stressful for me or my son. We followed the step-by-step approach and things went smoothly.”

“The clinic helped me and my child understand how this problem started and how to fix it.”

UMass Memorial Health Care is the largest not-for-profit health care system in Central Massachusetts with more than 12,000 employees and 1,600 physicians, many of whom are members of UMass Memorial Medical Group. Our member hospitals and entities include UMass Memorial HealthAlliance–Clinton Hospital, UMass Memorial – Marlborough Hospital, UMass Memorial Medical Center and UMass Memorial – Community Healthink, our behavioral health agency. With our teaching and research partner, the University of Massachusetts Medical School, our extensive primary care network and our cancer, diabetes, heart and vascular, orthopedic and surgery programs, UMass Memorial delivers safe, high-quality and compassionate care. Visit www.umassmemorialhealthcare.org.
The UMass Memorial Children’s Medical Center Toilet Training Clinic helps families successfully toilet train their child. If your child is over the age of 2 years and is still in diapers or pull-ups during the day, or is having day-wetting/soiling, our clinic may be able to help you. Ask your physician for a referral or call 855-UMASS-MD (855-862-7763).

WHAT IS THE TOILET TRAINING CLINIC?

The Toilet Training Clinic team uses proven behavioral strategies to help your child become fully toilet trained. The clinic serves children 2 through 7 years of age who:

- Are still in diapers around the clock, beyond the typical age of 2 years
- May be out of diapers during the day but are having accidents that are causing issues at home or daycare
- Are over age 5 and are trained during the day but wet overnight

Our clinic also addresses associated toileting challenges, including:

- Constipation and soiling from holding stool
- Day wetting from holding urine
- Night wetting during sleep
- Previously unsuccessful attempts to medically treat these issues

Consultations also are available for parents of younger children who may be looking for advice or suggestions as they begin to toilet train their typically developing toddler or preschool-aged child.

BEFORE YOUR FIRST VISIT

Before considering a behavioral approach to toileting problems, talk to your child’s doctor about possible medical problems that may cause difficulty toilet training. If your child’s physician recommends our clinic, call 855-UMASS-MD to request an intake form, which must be filled out and returned prior to making an appointment. It’s also a good idea to check with your health insurance company to make sure the visits will be covered by your insurance plan and what the copay amounts will be.

SCHEDULING YOUR CHILD’S APPOINTMENTS

We typically schedule your child for four visits two to three weeks apart, since our process is a gradual, step-by-step approach. Additional follow-up visits are discussed at your fourth visit, if necessary. If further medical specialty evaluation or treatment appears to be needed, the clinic also will assist you and your primary care provider in this process.

YOUR FIRST VISIT

Visits to the clinic are a positive experience for most children since there are no medical evaluations and they are welcome to play throughout. You will be with your child at all times during all visits.

At your first visit, our clinician will review your child’s intake form, ask further questions, engage your child in the process and outline first steps toward successful toilet training. You may be asked to chart your child’s bowel and bladder regularity, the frequency of bowel or bladder accidents, and list any medications your child has been prescribed previously.

It’s important to note that the clinic does not provide medical treatment of underlying physical conditions, but will provide recommendations to your child’s primary care provider if this is needed. The clinic also works closely with medical specialists who see children with toileting issues.

Our ultimate goal is for your child to be successfully toilet trained during the day and at night, and no longer dependent on diapers or pull-ups.

TO SCHEDULE AN APPOINTMENT, CALL 855-UMASS-MD (855-862-7763).