

LET'S TALK POTTY TRAINING

Toilet Training Adapted from a Southern Health & Social Care Trust leaflet

Toilet training can be a stressful time for parents and caregivers. More so when your child has additional difficulties. This leaflet offers a step by step approach to assist toilet training.

When Should Toilet Training Start?

Recognise the signs that let you know that your child is ready:-

Does your child **ask to get their nappy changed?**

Does their nappy **remain dry for 2 hours?**

Can they **understand and follow simple instructions**

Do they **know when they need to go** e.g. hide behind sofa.

Some children may not indicate that they want to get out of nappies. With these children it is the parent or carer who need to take the lead. It is best to do this when the child is dry for 1 ½ - 2 hours between changes.

Equipment Needed

A potty/toilet.

Toilet roll.

Pants.

Easily managed clothing.

Toys to distract them or encourage them to sit on toilet. Some children may need a toilet insert or a step to help them sit comfortably on the toilet.





Before You Start

Preparation is important and should start early, even before you think your child is ready to toilet train.

- Naming urine and bowel movements e.g. "You have a 'poo' in your nappy".
- It is important that the child knows there is a place for poo's - let your child see you put their poo in the toilet. Some children like to wave bye to poo and flush the toilet. Where appropriate, allow the child to watch family members use the toilet.

Try to change your child as soon as they are

- wet or dirty so that they don't get used to soiled nappies.
- Try to change all nappies in the bathroom.

Once your child can stand it may

- be useful to change them standing up.



Step 1

- ❓ Try to identify when your child needs to use the potty. Why not put a sheet of kitchen towel in their nappy and check regularly for wetness.
- ❓ Encourage your child to sit on the potty/toilet with their nappy on. Have a special activity for them to do only when they sit on the potty e.g. books or bubbles
- ❓ Help them to wash and dry their hands after sitting on potty/toilet.



Step 2

- Encourage your child to sit on the potty/toilet several times a day with their nappy off to help them become used to the feeling.
- Use the information from Step 1 to guess when they might need to go.
- Praise them for sitting and if they go.
- Record success so you can see your child's progress easily.
- Take note of when and why accidents occur and adjust toilet time appropriately.
- At this stage your child will still wear a nappy all day.

Step 3

- Now that your child is familiar with the toilet leave the nappy off and encourage them to use the toilet when at home.
- Clean up any accidents without a fuss.
- Your child should be mainly without a nappy but you may feel they need one if going out.



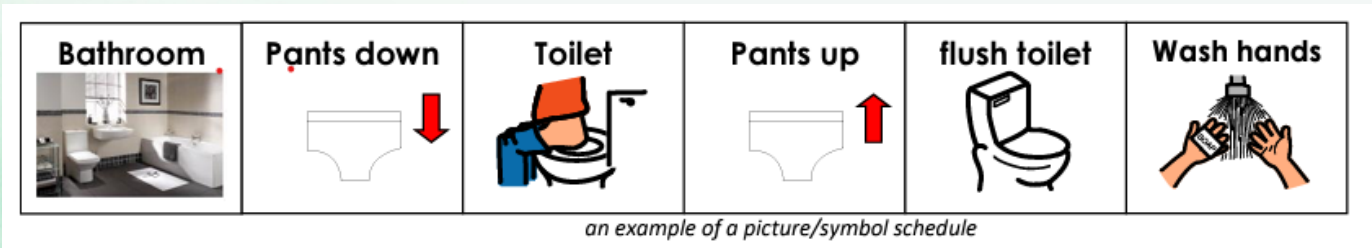
Step 4

Once your child has had no accidents for a day or two then you can move them to wearing underwear during the day.

Step 5

Teach your child to pull their clothes up and down; how to clean themselves; flush the toilet and wash their hands.

You can use a picture or symbol schedule to reinforce your child's understanding of the process (for example, go to the bathroom, pull down pants, sit on toilet, pull up pants, flush toilet, wash hands). An example of a picture/symbol schedule below -



COMING OUT OF NAPPIES AT NIGHT WILL TAKE A LOT LONGER!

Useful Websites

www.eric.org.uk

www.stopbedwetting.org