



# Welcome Everyone

## Parent/Carer Workshop

### Toileting

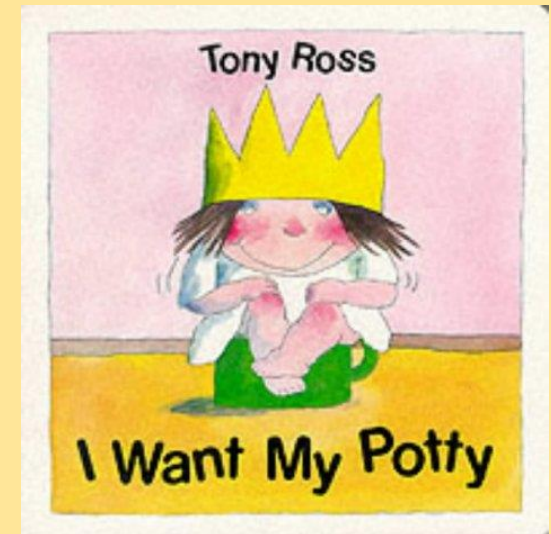
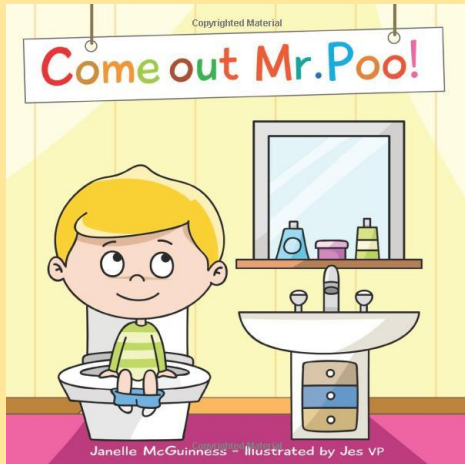




# First.....

Let's break down the barriers!

<https://www.youtube.com/watch?v=gD24MVglv0E>



# Things we will do today....

- Why can toilet training be difficult for pupils with complex needs? NC
  - When will my child be ready to toilet train? RBe
- How can I involve my child in the whole toileting process? RBe
  - How much water/juice should my child be drinking? NC
    - Tips and tricks – learning from others. NC
- What is available to help my child to learn to use a potty/toilet – leaflets, resources and pads! RBe

## NC

**ERIC's Guide**  
**for Children with**  
**Additional Needs**

**eric**  
The Children's Bowel & Bladder Charity

OWN'S SYNDROME CEREBRAL PALSY  
UTISM - GLO APMENTAL D  
HROMOSOM IES DOWN  
EREBRAL P GLOBAL  
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NDROM AUTIS  
LOB CHR  
BA - C

Hi, we're  
**WEE & POO**  
You can read all about  
us on the ERIC website  
[www.eric.org.uk](http://www.eric.org.uk)

This leaflet is for when toilet training is not so straight forward,  
and for those children for whom it is unlikely to be possible





There is no evidence  
that suggests autism  
causes delayed potty  
training  
but.....

NC



'I have a very strong need to know what is going on and to follow what I have planned for the day. If this plan is changed or disrupted, not only can it seriously interfere with other parts of the plan, it will most likely also cause anxiety to complete panic (and/or meltdown/shutdown).'

Alis Rowe

[facebook.com/thegirlwiththecurlyhair](https://facebook.com/thegirlwiththecurlyhair)







# Children with other Learning Difficulties



[https://eric.org.uk/wp-content/uploads/2022/09/12096-Pants4School-Training-Programme\\_v4.pdf](https://eric.org.uk/wp-content/uploads/2022/09/12096-Pants4School-Training-Programme_v4.pdf)

Non-verbal and neurodivergent children can't always communicate their thoughts and feelings. This means you can't rely on their signals to tell you when they're ready to potty train.

Should they be  
toilet trained  
already?

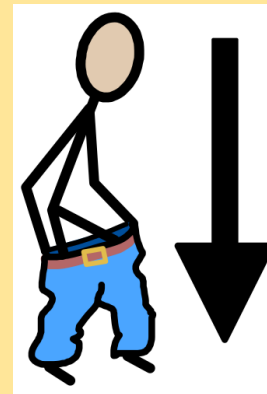
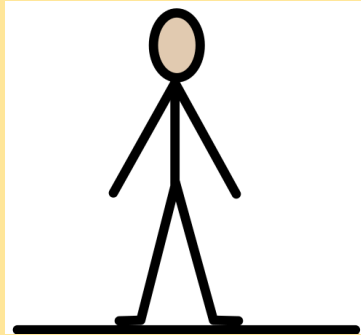
Is my child  
ready?



How will I  
manage the  
mess?

Will it be too  
much for them?

# How can I involve my child in the toileting process?





# Is My Child Ready?

- · Is your child staying dry and clean for 1-2 hours at a time?
- · Are they dry after short naps or overnight?
- · Are they showing interest in the toilet?
- · Do they show awareness of going to the toilet?
- · Do they let you know if they are wet or soiled?

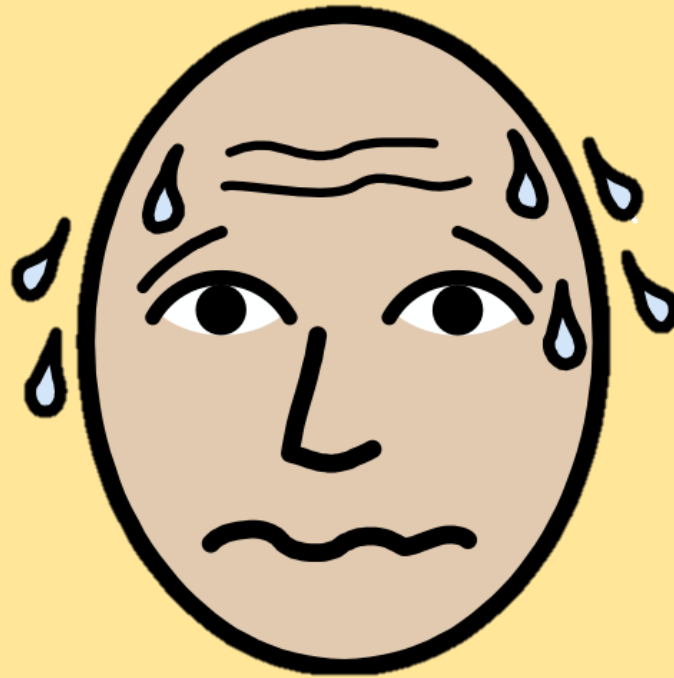
# Are You Ready?

Washing

Stress Levels

Family  
Dynamics

Planned  
Changes



# Fluids – why are they important and how much should my child be drinking?

[https://eric.org.uk/wp-content/uploads/2022/08/Drinking\\_reward\\_chart.pdf](https://eric.org.uk/wp-content/uploads/2022/08/Drinking_reward_chart.pdf)



# Tips and Tricks – what can you learn from the real experts in the room!



# What is available for my child to help with Toilet training?

Changing places <https://www.changing-places.org/>



# Time for Coffee! Thank you for listening!

