




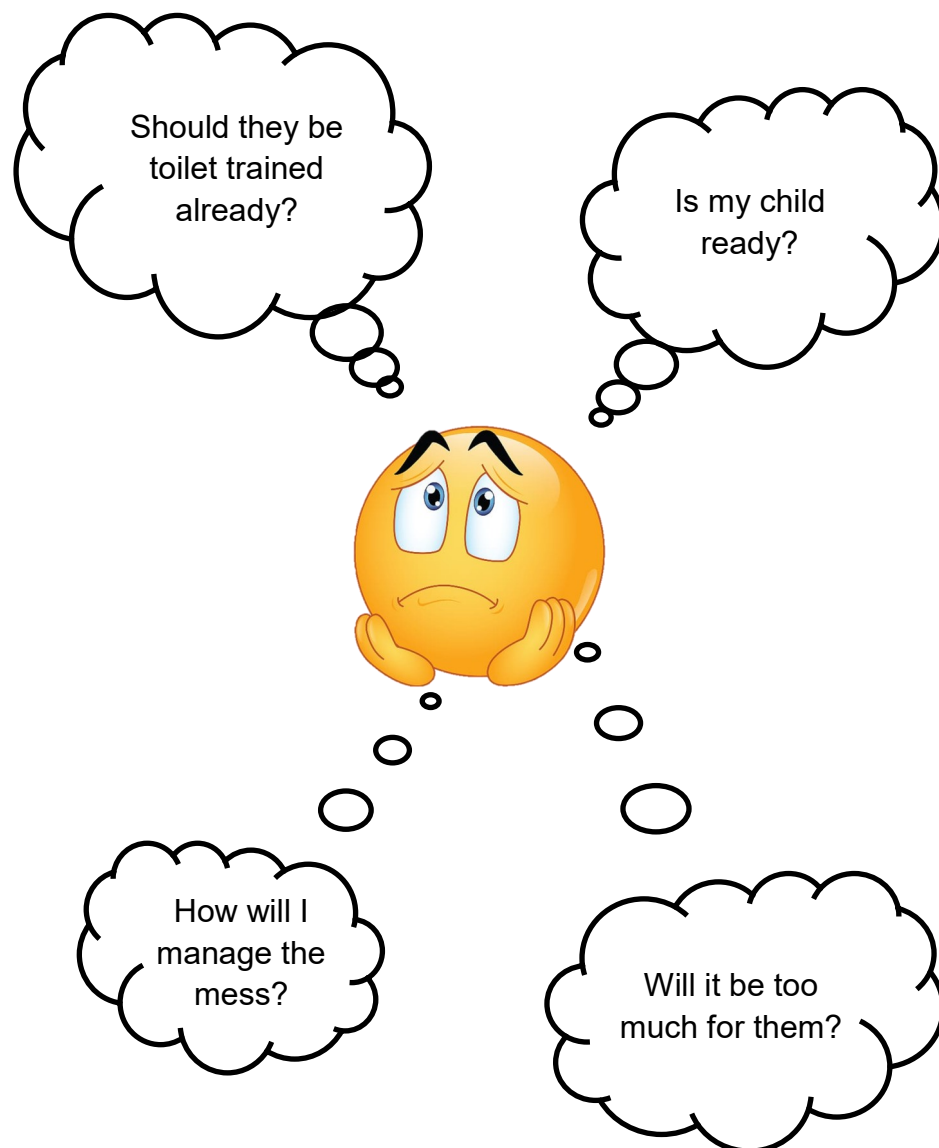
	Go to the toilet
	Pull trousers and pants down
	Sit on the toilet
	Wipe until the paper is clean
	Pull trousers and pants up
	Flush the toilet

Toilet Training For Everyone





Other Things To Think About



- Use a range of different toilets when you are about and about. This supports children to transfer the skills they have learnt. Use the same language and routines where possible.
- Public toilets can be difficult places for some children. They may find other toilets flushing, hand driers or doors banging frightening. Accessible toilets tend to be quieter and have more space. You can buy a RADAR key online to be able to use locked accessible toilets. These are available from:

<https://crm.disabilityrightsuk.org/radar-nks-key>

- Children need to wee between four and seven times a day. If they are weeing more than this they might have a bladder that does not hold enough liquid– this is easy to improve by increasing the amount of drinks that they have during the day– a usual amount is 7 drinks a day.
- Some drinks can irritate the bladder, and make you need to wee more; blackcurrant juice is the usual suspect! Try to limit the amount of dark juices your child drinks and encourage water.
- It is normal to have lots of accidents whilst toilet training. Don't be disheartened!
- Usually night time continence follows around 3-6 months after daytime. If your child has managed three nights with a dry pad try not using a pad overnight. Waterproof mattress covers and bed protectors help with the laundry.



- If you feel your child is ready, talk to school and make a plan together. It is really important to use the same language to ensure consistency. School can provide a social story if needed.
- Make sure you have a sufficient supply of pants, trousers/ shorts/ skirts and socks for when accidents happen. It can be useful to invest in some washable shoes and/ or crocs to wear during this time.
- Ensure that your child drinks at least one cup of water in one sitting rather than lots of sips throughout the day. This will help them feel when their bladder is full. 10-20 minutes after they have had a drink take them to the toilet.
- Encourage your child to sit on the toilet after they wake up and then at regular intervals during the day. This will usually be every 90 minutes at first, gradually lengthening that time to 2-4 hourly.
- Make toileting fun! Have some particular toys that are only for when sitting on the toilet– things like blowing bubbles, or a short book can be helpful and encourage relaxation.
- When they do a wee / poo on the toilet; give your child lots of praise!
- Always encourage hand washing skills after using the toilet.



Toilet Training

The thought of toilet training can be scary and sometimes overwhelming, but we believe we can break down the process into manageable steps that will support children developing the skills needed to become toilet trained.

There are lots of reasons why a child might be taking a bit longer to toilet train than other children. For children with additional needs it can often be a lack of understanding and social awareness that results in delayed toilet training rather than a physical problem within the bladder or bowel.

‘One step at a time’ is an approach that has been used successfully with children with a whole range of learning difficulties with each step bringing the child closer to the goal of being toilet trained.



Getting Ready for Toilet Training

All children can participate in toileting routines and this is good preparation for toilet training. Children need consistency when learning something new so try to keep to their toileting routines as much as possible.

- When taking your child to the toilet use the Makaton sign and/ or the toilet symbol. The symbol should be stuck to the outside of the bathroom door frame and taken into the bathroom each time you take them to the toilet. This should be returned when leaving the bathroom.
- Always change their pads in the bathroom—this will help your child understand the purpose of the room and become desensitised to the sounds and smells!
- If your child can weight bear change them standing up. This will be continued in school.
- Encourage them to help pull trousers / pants up and down. Children can join in with removing their pad and putting it in the bin, collecting a new one and putting toilet paper in the toilet.
- Encourage your child to sit on the toilet even for a brief period to get used to it. It is important that you build it up slowly and do not criticise or punish them for not staying on— but rewards for staying there for increasing amounts of time is a good idea.
- Encourage the children to join in with wiping themselves (hand over hand) so they are learning that skill.



Is My Child Ready for Toilet Training?



Some key indicators your child is ready for the next step include:

- 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?

Other things to think about:

- Are there any upcoming events or changes e.g. holidays that could cause anxiety for your child?
- As a family is this the right time to start toilet training?

