

Tips for Toilet Training

Preparation for Toilet Training: Set yourself up for success!



Contact a Child and Youth Services therapist for more specific advice for your child.

1. Check your child's health.

Healthy bladder and bowel function is essential for toilet training. So consider: Is there an underlying health issue or medication that may interfere with toilet training? In particular, watch out for signs of constipation and seek medical guidance.

2. Establish healthy habits.

A healthy diet with adequate daily fibre and fluid intake, and regular meal times will also help maintain healthy bladder and bowel function.

Encourage a 'big' drink (1/2 – 1 cup of fluid) at each meal and snack time, instead of frequent sipping throughout the day.

3. Select toilet equipment.

Toilet equipment, such as a step stool or insert seat or hand rails may be required, to make sure that your child:

- Can safely get on /off the toilet by themselves.
- Is comfortable, with feet supported when sitting on the toilet.

There are many different varieties available. Some examples:



4. Choose alternatives to nappies.

To begin, underpants could be introduced underneath the nappy to increase your child's awareness. Or consider a change to pull-up nappies, a disposable liner with firm fitting underpants or padded training pants.

When your child is ready, shifting into underpants is an important step towards developing your child's awareness and control of wee and poo.

5. Create an interesting toilet environment.

Use decorations and a special 'toilet time' activity bag in the toilet to create a room that your child will want to go into.

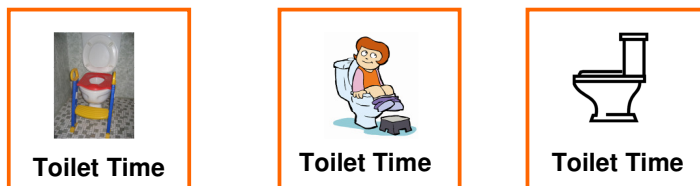
6. Adjust the toilet environment to suit your child's sensory needs.

Be aware that some children may be fearful or avoid the toilet due to sensory sensitivities. Some examples of sensory sensitivities could be the sound of the toilet flush, bright lighting, the smell of strong air freshener sprays, or the feeling of an unstable toilet seat.

7. Plan a consistent communication approach that your child will understand.

A combination of communication approaches often works best. This may include simple verbal language with sign language and / or visual cues.

Many children are helped by visual cues using photos, illustrations or symbols. Some examples:



These visual cues can be used as a single prompt, or to teach a sequence of actions, or to support a daily schedule.

8. Keep a record of your child's daily wee and poo patterns.

For one week, check your child's nappy or underpants every hour during the daytime. Each time you check, write down the time and note if your child is wet / soiled or dry / clean. If you try sitting your child on the toilet at this time, then note if there is a wee or poo in the toilet. It also helps to write down each day: what time your child has food, drink and a sleep.

This record will help you to understand your child's readiness for toilet training, and to plan toilet times. Ask other carers or teachers of your child to help you complete this record.

9. Discuss your toilet training ideas with your child's teacher and other carers.

Remember to be **P**ositive, **P**atient and **P**ersistent.