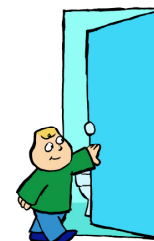




## Toilet Training Tips for Parents

Being able to use the toilet independently is an important developmental skill that children need to learn. Children with developmental difficulties can be expected to learn to use the toilet. Parents need to be realistic and take toilet training one step at a time.

1. Toilet training takes time. Be **P**ositive, **P**atient and **P**ersistent.
2. Be prepared with the right advice and resources to suit you and your child.
3. Modify the routine to respect your child's individual sensory or emotional issues.
4. Consider transition into underpants to increase your child's awareness.
5. Establish a consistent daily routine. Teach your child independence skills.
6. Plan regular toilet times throughout the day: after sleep and each mealtime, and before bed.
7. Watch for verbal and non-verbal behavioural signs that your child may 'need to go' to the toilet.
8. Keep toilet time fun and relaxed. Give your child lots of positive attention for their participation.
9. Use visual strategies to support your child's understanding: Story books, animated DVD, toilet training App, photo or picture cues.
10. Manage wetting and soiling 'accidents' as a learning opportunity. Shift all clean up routines to the bathroom.
11. Seek support from family members, child care worker, teacher or friends. Seek advice from your medical practitioner, therapist or continence nurse.
12. Acknowledge your child's progress, no matter how small it may seem.



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