

Toilet Training

Advice for Staff and Parents



When should we start?

- Are they uncomfortable in a full nappy? Do they seem distracted when wet?
- Have they shown an interest in using the toilet?
- Can they avoid having a wee or poo accident for one or two hours at a time (improved bladder or bowel control).
- Can they let you know when they have urinated or defecated?
- Are they dry when you go to change their pad?

Developing a routine

- Ensure home and school are following the same routine and procedures.
- Show knickers/pants to be worn.
- Allow child to observe sibling or parent going to the toilet.
- Have the bathroom door open so they have open access to the toilet.
- Change their pad near a toilet and sit them on the toilet when doing so.
- Keep track of when they urinate or defecate and put them on the toilet around this time.
- Take your child to the toilet at regular intervals of the day.
- Use positive reinforcement.
- Use visuals and keep the sequence the same every time.
- Start by taking the pad off in the holidays when you are staying home for a period of time to get a routine established.
- School will continue to take pad off when they arrive and put a pad on when they go home. You can take it off once at home.
- When ready pad will come off all day and they will have a change mat on the bus in case of any accidents.
- Once your child is mostly dry during the day you will then be able to start night time toilet training.
- Provide spare clothing/knickers/pants for school.

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Things to consider

- Having a footstool if toilet is high for them.
- No cleaning agents in toilet as there may be a risk of ingesting. Does the noise of the fan bother them? Is the light in the room too bright?
- Try having running water in the background.
- Give the child a reward after each successful toilet trip (something motivational for 2 minutes).
- Dress your child in comfortable clothes with an elasticated waistband which they can pull down themselves.
- Motivate your child to wear underwear by buying pants with their favourite cartoon character on.
- Blowing bubbles or blowing up a balloon can help your child to open their bowels.

Find further information on:

A resource pack will be available at school, please ask your teacher for a meeting and this will be discussed and sent home so that toilet training at school and at home is consistent.

<https://www.eric.org.uk/>

<https://www.autism.org.uk/about/health/toilet-training.aspx>