



Amwell View School
and Specialist Sports College



Toilet Training

A guide which will help support consistency between home and school when toilet training your child.

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 change their pad?

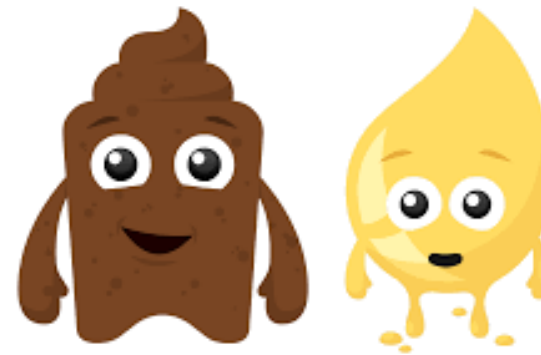


Developing a routine

- ▶ Ensure home and school are following the same routine and procedures.
- ▶ Show the knickers and 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.
- ▶ If this is not possible, put appropriate resources in place such as a symbol/picture on the door.
- ▶ Use their preferred communication method to tell them when it is time for the toilet.



- ▶ Start by taking their pad off in the holidays when you are staying at home for a period of time to get a routine established.
- ▶ 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 at 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.



- ▶ School will continue to take their pad off when they arrive at school and put a pad on when they go home. You can take this off once home.
- ▶ When ready, their 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 dry during the day, you will be able to start night time toilet training.
- ▶ Please provide spare clothing and knickers/pants for school (please include shoes).



Things to consider - The environment



- ▶ Having a footstool if the toilet is too high for them.
- ▶ No cleaning agents in the toilet as there may be a risk of ingesting.
- ▶ Does the noise of the fan bother them?
- ▶ Is the light too bright?
- ▶ Try having running water in the background.

Things to consider

- ▶ Give your 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 be encouraged to pull down themselves.
- ▶ Motivate your child to wear underpants by buying pants with their favourite cartoon character on.
- ▶ Encourage your child to blow bubbles or blow up a balloon, this can help your child open their bowels.



Resources

All of these resources can be adapted to your child's needs. Please speak to myself or your child's teacher to discuss this further.

- ▶ Symbol on toilet door/lanyard
- ▶ Advice sheet for staff and parents
- ▶ Social story
- ▶ Sequence strip
- ▶ Reward chart
- ▶ Poster as a visual reminder for friends and family helping with toilet training

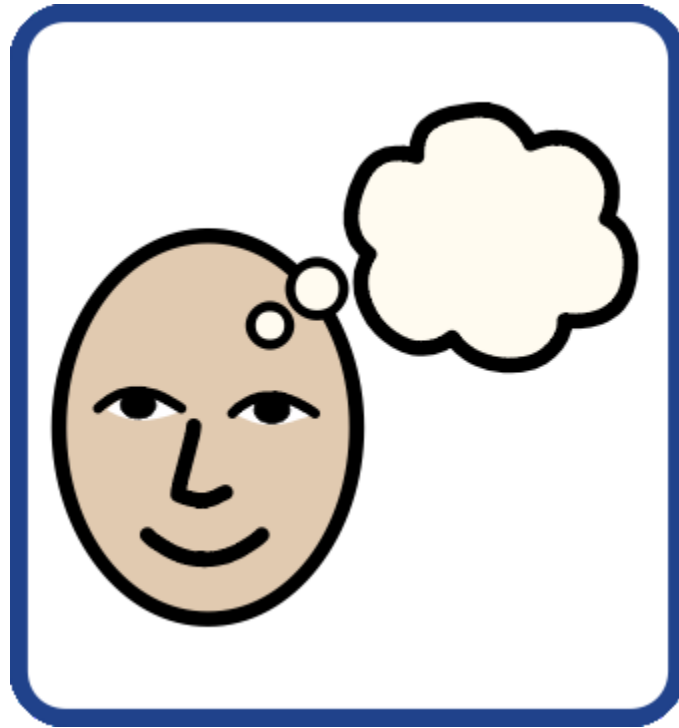


Further information

- ▶ www.eric.org.uk (Website and twitter)
- ▶ www.autism.org.uk/about/health/toilet-training.aspx
- ▶ Bladder and Bowel UK provides links to organisations who sell toilet related products including swimwear and toilet seats
- ▶ Speak to your child's teacher
- ▶ Email me on kate.brunton@amwell.herts.sch.uk



Are there any questions?



Thank you for taking the time
to come!