

SEN  
Early Years  
Inclusion Service

# Help with toilet training



## Before starting to toilet train



Start changing your child in the bathroom.

Change your child standing up once they can manage that.

Involve your child in flushing toilet and washing hands after changing.

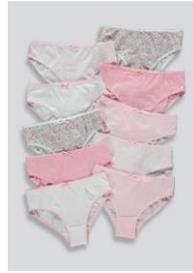
Talk about the pee or poo in the nappy, and explain that it goes in the toilet.

Use the same words for pee/wee/poo/toilet. Everyone should use the same words.

Make sure the bathroom is child friendly. You may need to provide a step for feet or a potty or seat.

# Getting ready

- Dress your child in clothes that are easy to pull down and up.
- Have plenty of pants available – there will be accidents.
- It may be helpful to look at some picture books about using the potty or toilet with your child.
- You could use the app 'Poo goes home to Pooland' (A cartoon story you can download on a phone to encourage a child who is reluctant to use a toilet and prefers to poo in a nappy)



## Starting to use the toilet or potty



Work out how often your child does a wee and bring them to the toilet before that. Check how long their nappy is dry. A piece of kitchen roll inside the nappy can help with this. If the nappy is dry for up to 2 hours, take them to the toilet before the 2 hours is up.

It may be helpful for your child to watch a trusted adult use the toilet.

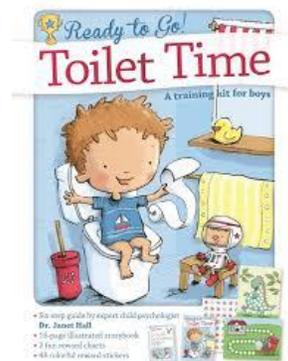
Don't ask your child if they want to use the toilet, just take them, saying 'It's toilet time'.

Praise your child when they use the toilet.

• When your child is using the toilet enough that the nappy is usually dry, you can try taking the nappy off and using pants.

• Accidents will happen. Clean up any accidents with no fuss.

• Keep to a routine.



# You can use a picture schedule to help your child understand.



It's toilet time.

Trousers down.

Pants down.

Sit on toilet. Hold on.

Pee.

Use toilet paper.

Pants up.

Trousers up.

Flush.

Wash Hands.

Dry hands.

1. Pull your trousers down	
2. Pull your pants down	
3. Sit on toilet	
4. Pee or poo in the toilet	
5. Wipe your bottom	
6. Pull up your pants	
7. Pull up your trousers	
8. Flush the chain	

You could cover the steps using Velcro once completed



Praise your child when they use the toilet.

Use the same simple language to break down steps

## Encouraging your child to stay on the toilet

Sometimes it is helpful to sing songs or look at books to encourage your child to stay on the toilet a little longer.

Bubbles or another activity can help too.



# Further Information

## ERIC - The Children's Bowel & Bladder Charity:

a [helpline](#) for families to contact an expert on toileting information and guides to download on [potty training](#), [bowel problems](#) (constipation & soiling), [daytime bladder problems](#) and [bedwetting](#)

[Click here to visit ERIC's website for parents & carers](#)

Helpline: 0808 1699 949

[Have a look at ERIC's Guide to Potty Training](#)



## Bladder & Bowel UK

Advice and information on all bladder and bowel issues in children and young people including those with additional needs.

Resources that will help parents, carers, professionals and schools cope with incontinence in children and young people.

[Click here to visit the Bladder & Bowel UK website](#)

Helpline: 0161 607 8219

