

## Toilet Training

*Adapted from a Southern Health & Social Care Trust leaflet.*

Toilet training can be a stressful time for any parent. This is increased when your child has additional difficulties such as those associated with ASD. This leaflet is designed to answer some of the questions you may have.

### When Should Toilet Training Start?

Every child is different so it is important to recognise the signs that they are ready:-

- Does your child ask to get their nappy changed?
- Does their nappy remain dry for 2 hours?
- Can they understand and follow simple instructions?
- Do they know when they need to go e.g. they hide behind the sofa.



Some children may not give any indication that they wish to stop wearing nappies. With these children it is the parent or guardian who will need to take the lead. The most appropriate time to do this is when the child has 1 ½ - 2 hours of being dry between changes of nappy.

### Equipment Needed

- A potty/toilet.
- Toilet roll.



- Pants.



- Easily managed clothing.

- Toy to distract them or encourage them to sit on toilet.

Some children may need toilet inserts or a step to help them sit comfortably on the toilet.



Taking your child out of nappies is actually the last step in the process.

The basic preparation can start very early even before you think your child is ready to toilet train.

- Naming urine and bowel movements e.g. “you have a ‘poopoo’ in your nappy”. Make sure all adults who will be helping you with toilet training use the same words.

- It is important that the child recognises there is an appropriate place for poo’s – this can be achieved by letting your child see you dispose of the poo in the toilet. Some children like to wave bye to poo and then flush the toilet.



- Allow the child to watch family members use the toilet where appropriate.
- Changing the nappy as soon as it is wet or dirty so that the child doesn’t learn to be comfortable with a wet or dirty nappy.
- Change all nappies in the bathroom.
- Once your child can stand it may be useful to change them standing up.

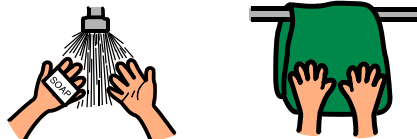
## Toilet Training

### Step 1

- Try to identify what times your child urinates or has a bowel movement during the day. You can use a sheet of kitchen towel in their nappy and check regularly.
- Introduce the potty in the bathroom/toilet. Encourage your child to sit on the potty/toilet with their nappy on. Have a special activity for them to do only when they sit on the potty e.g. bubbles or a chalkboard.



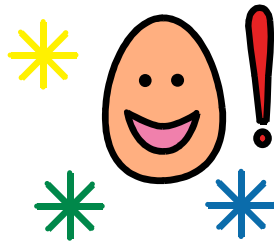
- Allow them to wash and dry their hands after sitting on potty/toilet.



### Step 2

Encourage your child to sit on the potty/toilet several times a day with nappy off to become familiar with the sensation of sitting on toilet. Use the information from Step 1 to guess when they are likely to go.

Praise them for sitting and if they go. Record success so you can see your child's progress easily. Build up a picture of when and why accidents occur and adjust toilet time appropriately.



At this stage your child will still wear a nappy all day.



### Step 3

Now that your child is familiar with the toilet leave the nappy off and encourage your child to use the toilet when at home. Children may like to choose underwear depicting a well known character e.g. Ben 10 or Dora the Explorer.

Clean up any accidents without a fuss. Your child should be mainly without a nappy but you may feel they need one if going out.

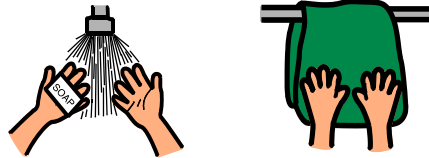
### Step 4

Move totally to underwear when there are no accidents for a day or two.


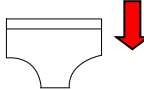






## Step 5

Teach your child to pull their clothes up and down, how to clean themselves, flushing the toilet and washing their hands.



You can use a picture or symbol schedule to reinforce the child's understanding of the process (for example, go to the bathroom, pull down pants, sit on toilet, pull up pants, flush toilet, wash hands).

<p><b>Bathroom</b></p> 	<p><b>Pants down</b></p> 	<p><b>Toilet</b></p> 	<p><b>Pants up</b></p> 	<p><b>flush toilet</b></p> 	<p><b>Wash hands</b></p> 
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*an example of a picture/symbol schedule*

Children may have more accidents if they are unwell, have an infection or there is a change in family circumstances so be patient!

Coming out of nappies at night will take a lot longer.