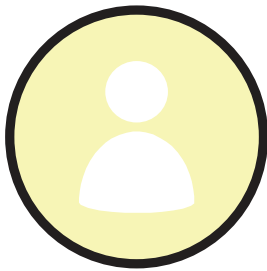


Toilet Training

Tips for Parents/Carers



Prepare

Are you and your child ready to start toilet training? An Occupational Therapist can help you work out a toilet training plan.



Clothing

Try undies only, pull up style training pants, pull up nappy with paper towel, cloth insert or undies underneath to allow your child to feel the sensation of being wet or dirty.



Environment

Create a relaxed and comfortable environment in the bathroom that suits your child's sensory preferences.



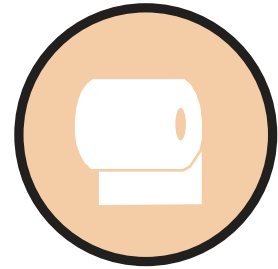
Communicate

Avoid asking your child if they need to go to the toilet. Instead, tell them it's toilet time and take them at regular intervals throughout the day.



Routines

Do each step the same way each time you take your child to the toilet e.g. pull pants down, sit, poo or wee, wipe, stand, pull pants up, flush, wash and dry hands.



Accidents

Stay calm: make minimal fuss and use a calm voice. Involve your child in the routine of cleaning up e.g. ask child to place soiled clothing in a designated bucket to soak.