

## Toileting

### General Toileting Advice

Toilet training can be a long process that involves a lot of practice, patience, accidents and washing. Every child is different and will gain toilet independence when they are ready. As a general rule, children gain daytime toilet independence at approximately 3 years old. It is not worth attempting until your child is able to identify that they need the toilet.

Useful tips:

- Break the activity down into achievable chunks. E.g. managing clothing, wiping or washing hands. Then build and move on to the next skill once the first has been achieved.
- Rewards in the form of; verbal praise, sticker chart, money box, toys/something of interest, hugs/kisses.
- Picture cue cards. These can be put up in order of the toileting routine to help your child remember the sequence. Ask your child 'what's next?' to help guide your child.



### Bottom Wiping

When learning a new self-care skill, children can sometimes find it easier to grasp by learning it backwards. Starting with completing the last step first, your child can gain a sense of success and maintain motivation. The backward chaining method is regularly used in children's Occupational Therapy. Please see our information sheet on this [HERE](#).

Useful tips:

- Practice passing objects from front to back. Start with your child standing and facing away from you. Pass them an object between their legs and ask them to reach for it.
- Practice sticking sticky tape/pegs at the back and bottom of your child's t-shirt and ask them to reach to the side and behind to retrieve them. You can also do this by tucking a scarf into their waistband.
- Practice reeling off toilet paper from a roll and counting how many sheets needed for a wee and a poop (one square, two square, three square, tear'). Practice scrunching/folding into a useable tissue.
- Encourage your child to help wipe surfaces around the home. Practice wiping games with food spreads by creating a target with an aim to have the least amount of smearing in each target section.
- Using wet wipe style toilet paper can be helpful when initially starting too.
- Always remember to teach FRONT TO BACK.



## Aiming (Boys)

Ensure your child is able to reach the toilet appropriately to be able to stand and empty their bladder. The use of a secure step maybe appropriate to give your child a better height above the toilet. Drawing or purchasing an aim to put within the toilet bowl and encourage your child to aim for it (using a cheerio can be a non-marking way too).



## Equipment Advice

Standard toilets can be much too big for children learning to toilet train. Many high street stores provide toileting equipment to make using a toilet a little easier for children.

Steps – enable your child is able to reach the toilet and have their feet flat when sat. This can make them feel more stable and at ease and therefore giving them more confidence.

Toilet seat insert - The opening of a toilet can be too large for children too so the use of a toilet seat insert can aid this. Your child may feel unstable when sat on the toilet. An insert can increase their confidence and reduce avoidance and fear.

