

Toilet Training Tips



Getting Started:

- Pick a few days when you have lots of time as the first few days will require a lot of your attention.
- Make sure the toilet environment is an inviting area where your child is happy to go.
- Record a daily log of when your child wee's and poo's over several days.
- Use the information in this daily log to guide how often you will bring your child to the toilet.
- In the first few days, give your child big drinks to increase the likelihood of them doing a wee in the toilet. Wait 10-15 minutes after a big drink then try your child on the toilet.
- Say 'Toilet' and use a gesture/visual to show your child you are taking them to the toilet.
- Use the visual schedule to remind your child of each step involved and help your child when necessary.
- When your child passes a wee/poo into the toilet make a big fuss with praise and rewards.
- It may be helpful to read a social story on going to the toilet while you are toilet training your child to help them become familiar with the routine and understand what is expected of them.

Keeping on track:

- After a few days of 'intensive training' you will have established a routine of taking your child to the toilet after food/drink. This means that your child will be sitting on the toilet at least 5-6 times per day.
- Keep this routine at home and on outings. Avoid putting a nappy back on your child. If you are going out and are not sure about the toilet facilities wither bring changes of clothes or put the nappy over your child's underwear.
- Keep toilet time focussed. It should be fun but not entertaining. You want your child to focus on using the toilet-not how long you will sing songs/play games for.
- If you are timing toileting (i.e. bringing your child every 45 minutes) gradually start to increase the times between sitting your child on the toilet. Aim for your child to be able to hold between toilet times for around 3-4 hours.
- As your child becomes more reliable with using the toilet begin to fade out prompts.