

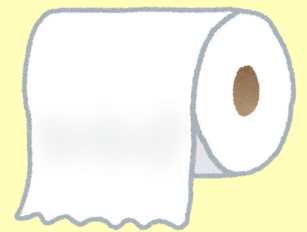
# Toilet Training Tips

It can take a little longer when toilet training a child with special educational needs (such as physical difficulties or developmental delay) and they may require more help. Nevertheless, the method used is still the same. It may be helpful to break toilet training down into small steps and adjusting your strategy based on your child's individual needs.

## Tips for Children With Additional Needs

Consider your expectations and don't rush the learning process - the child may need longer to master each stage.

- Try to follow the same routine every time. The child will learn more quickly the more consistent that you are.
- Concentrate on one step at a time. For instance, by flushing the waste away together, you can show them that poo goes down the toilet.
- Your child must feel at ease and secure when using the potty or toilet. Make sure your child can reach the area comfortably. Any practical adaptations can be suggested by an Occupational Therapist.
- Consider your child's sensory requirements when going to the toilet. For many children, changing the sensory input can assist them in understanding how to use the toilet.
- Start with the child sitting on the toilet - you could use a footstool to give the child a sense of security and comfort. By supporting their feet and positioning their knees above their hips, your child will also be in the ideal posture to urinate and defecate.



- By breaking down the necessary physical skills and letting the child complete the final step on their own, you can help them become more independent. For instance, assist them in pushing their trousers down the majority of the way, then let them finish pushing them down themselves. Similarly, when raising them once more.
- Once the child demonstrates competency, you should gradually reduce help and start to encourage independence.
- To show your child what to do and how to accomplish it, use games, visual aids, stories and visual charts. Create your own teaching tool by taking pictures of your bathroom, making sketches of the steps, or perhaps use some of our toilet training reward charts found here.
- Praise the child for their efforts, not simply the outcome, and offer them words of support. This feeling of success will help them move on to the next step of the process.

A typical schedule might be:

1. Undress
2. Pull down pants
3. Sit on the toilet
4. Use the toilet
5. Wipe
6. Pull up your clothing
7. Flush the toilet
8. Wash your hands

