

TOILET TRAINING FOR CHILDREN WITH SPECIAL EDUCATIONAL NEEDS

Using a potty is a new skill for any child to learn. It's best to take it slowly and go at your child's pace. Being patient will help your child, even if you sometimes feel frustrated.

REMEMBER...children are only able to control their bladder and bowel when they are physically ready and when they want to be clean and dry. Every child is different, so try not to compare your child with others, and for some children who are developmentally young, toilet training may take place at a later age than their peers.



PREPARING FOR TOILET TRAINING

- Before starting toilet training, begin to make a note of when your child needs their nappy changing as this will begin to show you a toileting pattern and help you identify times to take your child to the toilet.
- Choose a convenient time to start toilet training and consider starting in the summer months when your child will be wearing fewer clothes and washing is easier.
- Begin with toilet training in the day time as this is often achieved before night time dryness.
- Ensure you have a good supply of loose fitting clothes and decide whether a potty or adult sized toilet with a seat is appropriate for your child. You may also need a small step to help your child to sit on the toilet and reach the sink for hand washing.
- You may need to obtain further specific advice if your child is supported by a physiotherapist or occupational therapist.

HELPING YOUR CHILD

- When buying a potty and pants, take your child along to help choose.
- Be prepared to sit with your child in a warm and relaxed environment. Have some books and toys to hand and try to keep the potty in the same place within the home and preferably in the bathroom.
- Praise your child's efforts and successes and tell them how happy you are, but always stay calm if and when an accident occurs.
- Remember to tell everyone who your child spends time with (e.g. preschool, childminder, grandparents) what you are doing and the strategies you are using, as will provide a secure and consistent approach for your child.



STRATEGIES TO HELP

- For some children, sitting on the toilet or potty can be scary. To start with you may want to let your child sit on the toilet with their clothes on.
- Introduce the idea of sitting on the toilet through play. Use a dolly or teddy, potty, stories and pictures.
- Try not to leave your child on the potty for too long – no more than five or ten minutes at a time.
- Use the same words to indicate the child's needs, for example, wee, poo, potty, pants, to help understanding.

Further information can be found on...

- www.autism.org.uk – advice for children with ASD
- www.eric.org.uk – The children's bladder and bowel charity
- www.shinecharity.org.uk – Association for Spina Bifida and hydrocephalus
- www.downs-syndrome.org.uk – advice for children with Down's Syndrome
- www.scope.org.uk – advice and support for children with disability

Contact us:

Early Years, Inclusion and Childcare
County Hall, Glenfield LE3 8RF
Tel 0116 305 7136
Email childcare@leics.gov.uk
Web [leicestershire.gov.uk/local offer](http://leicestershire.gov.uk/localoffer)