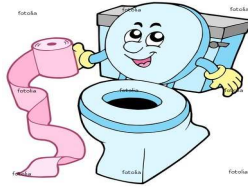


Toileting Skills Plan- Step 1



- ❖ *Talk about potties toilets, poos and wee's. Allow your child to see family members sitting down to use the toilet.*
- ❖ *Use an object of reference if your child has trouble communicating such as a nappy to show them they are going to the toilet area- You may be given alternative visual support such as pictures if your child already uses these as a method of communication.*
- ❖ *All nappy changes should be done in the toilet area with your child in a standing position where possible.*
- ❖ *If your child has a poo in his/her nappy tip the poo down the toilet and wave bye-flush it away so they begin to understand where it belongs.*
- ❖ *Use a sturdy potty or a toilet seat and footstool for your child.*
- ❖ *Start to encourage your child to sit on the potty/ toilet as part of their daily routine- maybe during their morning/evening routine of getting dressed.*
- ❖ *Sit with your child when he/she is on the potty/ toilet and sing songs, blow bubbles or look at a book to make it fun.*
- ❖ *Praise your child for sitting on the potty/toilet even when there are no wees or poos.*
- ❖ *Try your child in underwear in the daytime for a few hours so they start to feel when they are wet and recognise when they need the toilet.*
- ❖ *Encourage your child to have 6-8 drinks per day*

This toileting plan will be reviewed with you by Emma Wilson- Early Years Health Practitioner