

Toilet training

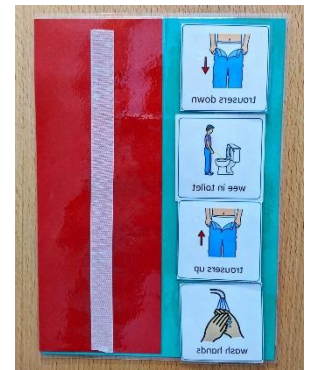
Children with additional needs may find the process of potty training challenging and may need more support with learning to use the potty/toilet.

When are children ready?

- They are showing awareness of bladder and bowel urges.
- They begin pulling at their nappy or taking their nappy off when it is wet/soiled.
- Have a functional communication system– this could be verbally, using gestures or visuals.
- Have an understanding what the potty/toilet is for.
- They are willing to sit on the potty/toilet.

Strategies / Interventions.

- Consider the type of potty you choose to use, ensure you child can sit comfortably with their feet on the floor. Some children prefer to go straight to using a toilet.
- Be consistent in the language you use around toileting, ensuring you keep it clear and simple.
- Use visuals, visual routines or sequencing strips to support children with fitting toilet trips into the routine and the toileting process.
- Creating a suitable environment to meet the needs of children.
- Gradually encourage children to become more independent with toileting, encouraging them to participate in pulling up clothing and hygiene routines.
- Use praise and rewards to motivate children.
- Share stories around potty training to support children's understanding.



Links to EYFS

PD and PSED

Links to SEND Code of Practice

P&S.

Useful links

[BeyondAutism Toileting.pdf](#)

[Advice about bladders, bowels and toileting for children with additional needs - ERIC](#)

Parental Section: Using strategies at home.

- Ensure your child has easy access to the potty/toilet and can sit comfortably e.g. the potty is a suitable size to match your child's height. If they prefer the toilet, ensure there is a suitable size seat and a step to allow them to sit with their feet flat.
- Consider any sensory needs your child has such as sensitivity to sounds or smells.
- Ensure clothing is easy for them to manage independently.
- Observe for any signs that your child may need the toilet such as crossing their legs, fidgeting or holding themselves.
- Initially routinely encourage children to sit on the potty/toilet.
- Give praise for toileting successes