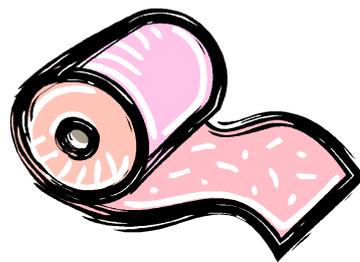


# Toilet Training: Children With Communication Difficulties



- ❖ Change the child in the toilet/bathroom where possible, so that they learn to associate toileting with the specific area.

- ❖ Generally, potty training is established on faeces before urine.



- ❖ Choose to use either the potty or toilet. Get a child's toilet seat and stool if necessary. If a child is already used to one style, e.g. at nursery, use the same at home if possible.

- ❖ Look out for changes in behaviour at the time when a child is filling their nappy e.g. straining, crouching, moving to a corner of the room, so you can plan when the best time of day to put them on the potty is.



- ❖ Try and change a child as soon as this behaviour is noticed/nappy filled so that they understand the link between their bodily feelings and the routine

- ❖ Place the contents of the nappy down the toilet, and encourage the child to flush, wash hands etc. If possible let the child see others use the toilet at home.



- ❖ Try and sit the child on the toilet/potty 2 or 3 times a day initially. Praise them for sitting, even if only a few seconds e.g. clapping, bubbles, a favourite toy. Don't leave a child on the potty/toilet for more than 5 minutes.

- ❖ Use an object of reference to show that you are going to move to the toilet/bathroom e.g. small taped down toilet roll (not nappy). This can be left around in case they use it to indicate their needs.



- ❖ Make sure that the potty training happens after an event, and that you establish a routine with sitting on the toilet/potty e.g. after they get up, after lunch, after bath at night.



- ❖ Where possible, let other carers and nursery know of your routine e.g. changing in bathroom, sitting on toilet after lunch etc.

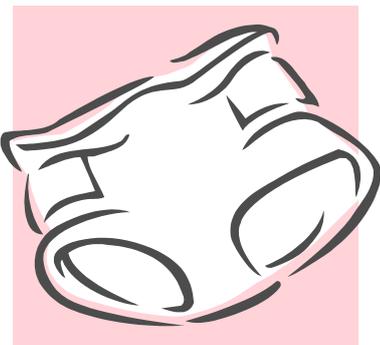


- ❖ Do not move too quickly with potty training. It is better to go at a slower pace, and build up than push a child before they are ready.



- ❖ Set yourself goals that you can achieve, it is better to have a routine that is stuck to (e.g. only once or twice a day) than an ambitious scheme that will not be carried through consistently. Your routine can always be extended.

- ❖ Do not move your child out of nappies before you have seen some success on the potty.



- ❖ It may be necessary to keep your child in nappies at night for quite a while after potty training has been established in the day.

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