

SENSORY STRATEGIES FOR...

TOILETING

INTRODUCE THE TOILET

Change nappies in the bathroom. Allow your child to watch others use the toilet. Help them flush the nappy contents down the toilet.



Introduce a toilet routine

Start with sitting on the toilet, fully clothed, lid shut, a stool to ensure the child isn't dangling on the toilet. Use a tablet, book or song to help them stay long enough on the toilet.

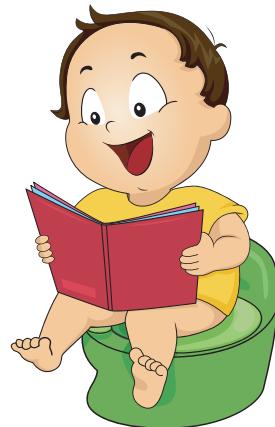


Gradually reduce the clothes worn and lift the lid.



Toilet readiness

Dry nappies for at least an hour,
able to follow simple instruction,
aware of needing to wee or poo or that they have just done it.



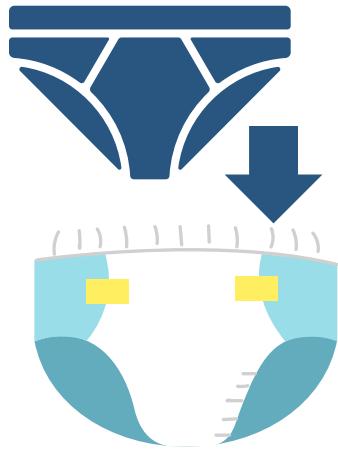
Rewards for success

Decide on an appropriate reward if the child manages to sit for a while or does a wee or poo in the toilet. Stickers, sweets or parent hugs are good rewards.



Extra Tips

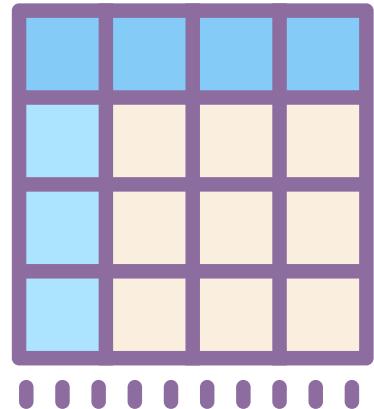
Nappies are almost too good so the child is not UNcomfortable even if they have a wet nappy.



Try wearing pants inside nappy so child feels wet

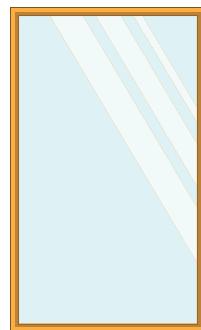


lay nappy over the toilet if your child prefers to wee into a nappy.



Track and record when your child is dry, wet, poo's or drinks to see if there is a pattern.

Other sensory things to consider



For more detailed information and strategies you could access the following websites

- NHS Tayside YouTube
- KIDS Scotland
- NHS Lanarkshire
- NHS Sheffield
- Eric.org.uk