

# 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.



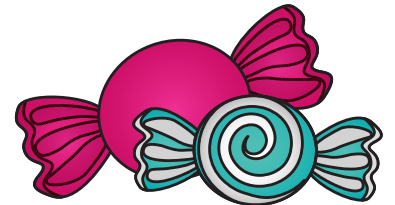
# Toilet readiness

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.



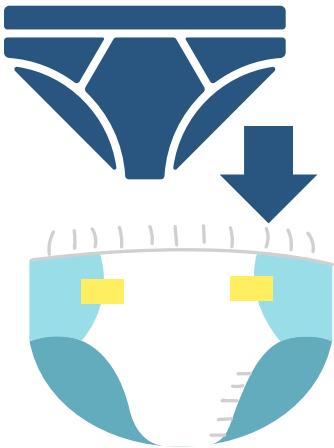
## Rewards for success

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

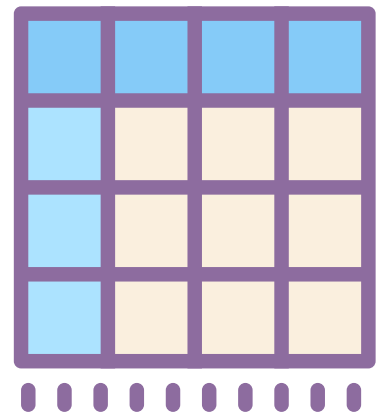
Nappies are almost too good so the child is not UNcomfortable even if they have a wet nappy.



Try wearing pants inside nappy so child feels wet

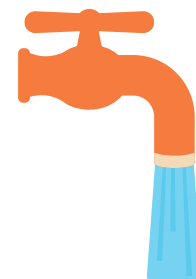
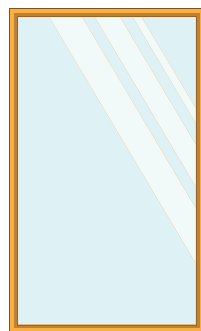
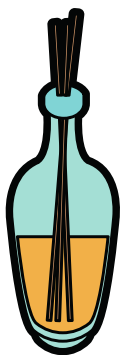


lay nappy over the toilet if your child prefers to wee into a nappy.



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

