

Accessible Toilets:

www.radar.org.uk
www.changing-place.org

Support groups:

The National Autistic Society:
https://www.autism.org.uk

Positive about Down Syndrome:

https://positiveaboutdownsyndrome.co.uk

Resources:

Bladder and Bowel UK

children and young people
resources:

www.bbuk.org.uk/children-young-people/
children-resources/ - see information and
leaflets to support toilet training

Social stories / picture cards can help
structure daily activities (see toileting)
www.do2learn.com

App: Poo Goes Home to Pooland

Youtube video: The toilet song by the
wiggles
https://www.youtube.com/watch?
v=0z5G7OXG6MY&feature=emb_logo

Children's Bladder & Bowel Service
Telephone:- 01865 904467
Email :-
childrensbladderandbowelservice@oxford
health.nhs.uk

References:

The continence foundation of Australia
Bladder and Bowel UK

Concerns and complaints:

We aim to provide you with a high quality
service at all times. However, if you have
any concerns, complaints or comments
about your experience of our service then
please tell a member of the team or contact
the Patient Advice and Liaison Service on
freephone 0800 328 7971.

If you would like to have information trans-
lated into a different language, please con-
tact the Equality and
Diversity Team at:
EqualityandInclusion@oxfordhealth.nhs.uk

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المعلومات بلغة أخرى أو بتسبيق مختلف.
Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে
পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے
ہیں تو برائے مہربانی ہم سے رابطہ کریں۔
Chinese 若要以其他語言或格式提供這些資訊，
請與我們聯繫
Polish Aby uzyskać informacje w innym języku lub w innym
formacie, skontaktuj się z nami.
Portuguese Queira contactar-nos se pretender as informações
noutro idioma ou num formato diferente.

Oxford Health NHS Foundation Trust
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Warneford Hospital, Warneford Lane
Headington, Oxford OX3 7JX

Switchboard 01865 901 000
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Children's Bladder &
Bowel Service

A guide to
developing toileting
skills

Toilet Skills Development

The information in this leaflet has been put together to help guide and support you and your child through the major steps of toilet

Routine Helps Teach

training. Children with additional needs may not display the same readiness signs as other children. Evidence based information has shown that toilet training should not be delayed because a child does not show an interest in toilet training. They are getting full bladder and bowel messages but are unsure how to respond.

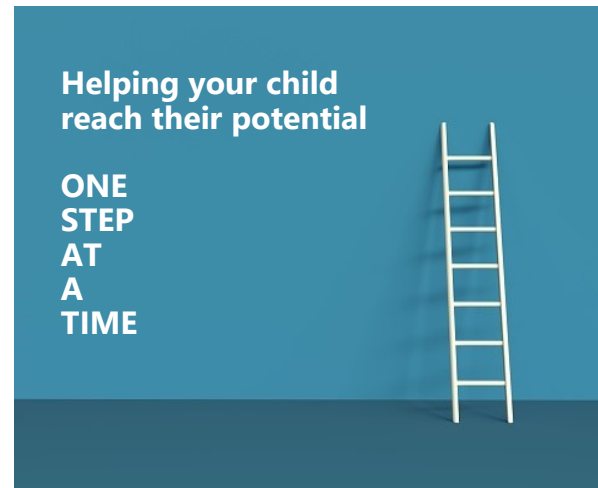
Best practice suggests introducing a repetitive, adult-led toileting routine as early as possible to help teach bladder and bowel control. Learning any skill takes time and by starting early it is easier to instill appropriate habits and behaviours.

We recognise that toilet training a child with a disability or additional needs can be hard work and progress may be slow.

We are here to offer support and advice to help you take positive steps to establish a toileting routine. In time your child may become fully independent or may continue to need a prompted program, led by an adult.

Toilet Skills Assessment Checklist

- Identify bladder and bowel patterns. Find out when your child wees and poos by checking their nappy every hour when they are awake and note if it is wet or soiled.



- Ability to sit – consider OT referral. Make sure they are comfortable sitting on the potty or toilet. They will need an insert seat and stool if sitting on the toilet..
- Indication of awareness – see strategies to address this.
- Dressing/undressing skills – work on skills
- Behavioural problems – seek specialist support to address these.
- Response to basic commands – use verbal / visual prompts.

Step-by-Step Approach

Step 1: Setting the Scene

Adjust diet and fluids (if necessary). Learn difference between wet and dry. Start to talk about wees and poos. Use your family words for these and make sure other people use the same words you do. Introduce the toilet and always change your child's nappy in the bathroom.

Step 2: Developing Skills

Practice dressing and undressing for the toilet. Learn to sit for long enough (age=mins). Use of toilet toys/distraction if required. Learn flushing and hand washing. Use visual rewards and praise to encourage toileting behaviour. Use social stories and cue cards to establish routine.

Step 3: Raising Awareness

Raise awareness of your child's wees and poo - keep a record. Gradually introduce sitting on the toilet after meals.

Step 4: Using the toilet

Remove nappies and start sitting on the toilet in a 2 hourly routine. Optimum times are on waking, after mealtimes and before bath/bed.

May need training pants/washables.

Wiping own bottom.

Boys: sitting v standing.

Use unfamiliar toilets.

Plan for dealing with accidents.

Tips for Success

The key to the success of a toilet training programme is consistency and routine.

If your child spends time with a child minder, family, at nursery or at school then they should follow the same toileting routine when there, as they do at home.

ALSO remember that 'accidents' are learning experiences!