



SEN Toileting tips and ideas

Children often display certain behaviours when they are aware of 'going to the toilet.' These may include the below.

- Pulling at a wet or soiled pull up/nappy.
- Hiding when going for a wee or a poo.
- Showing an interest in others' using toilet or potty.
- Copying behaviours.
- Having a dry nappy/pull up for a longer-than-usual time.
- Awakening dry from a nap during the day or periods of sleep.
- Communicating to you that they are about to go, are going or have just gone in their nappy/pull up.

If your child shows any of these behaviours it **might** mean they are ready to try toileting.

A few ideas that you may find helpful to try once you feel your child is ready.

- Initially it may be worth trying to change a child's pull up/nappy in the toileting area, so they can start to make the link between the toilet environment and going to the toilet. Some people also say it helps to sit your child on the toilet as well during this time if they are happy to do that. It is important to go at your child's pace. Positive experiences are happier ones.
- Taking your child to the toilet when you go is also a good way of supporting them to build the links and understanding.
- If your child refuses to enter the toilet, it may be worth looking at the toileting environment. Is the environment too loud, do they feel safe? Is there strong smells in the environment that can be avoided or removed?
- Nappies and pull-ups are amazing these days and some children may be unaware/not feel uncomfortable when they go. Try putting pants underneath nappy or pull up, this may heighten the feeling of wetness when they do go.

- If your child goes for a poo in their pull up or pants then try taking them to toilet if possible and show them it going down the toilet supporting them to flush it away.
- Make sure your child drinks plenty of fluid and take note of how often they go. (Chart included may help as a log)
- It may be worth toilet timing them initially so that they have more chance of going to the toilet on the toilet. Then you can praise them. Toilet timing is like setting up a regular routine of going to the toilet so taking them every half an hour or hour initially helps to make it part of their daily routine. A good time to support them to go is when they first get out of bed before and after they go in the shower or bath etc. Try to catch them at times they may be more likely to need to go.

Often children especially if they are really engaged in an activity forget or do not want to go to the toilet and sometimes this can be when accidents happen it's important to remember **accident will happen and its ok.**

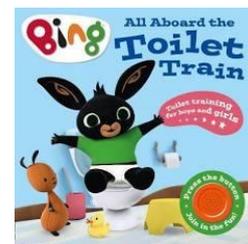
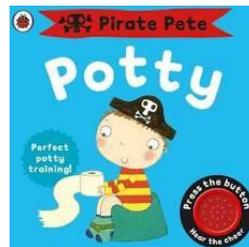
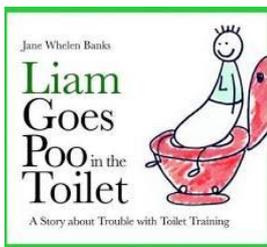
- Staying active can help your child's system to function efficiently.
- Try using a verbal alongside a visual to show them when you are taking them to the toilet. This may be an object prompt like a toilet roll, a picture or a visual. (See below)



- Some children do not like their feet dangling down when they are on the toilet so a step and a smaller toilet seat may be useful. This may help them to feel more secure and safe on the toilet while supporting independence.



- It may be worth having some toilet toys (not everyone likes to do this for hygiene reasons so may be worth thinking about what toys if you decided to use these) to help to engagement them or to distract from any unpleasant sensations or feelings. Another idea is to read to your children while they are on the toilet to support them staying for longer periods and to help them to possibly develop an understanding of why we need to go to the toilet and what to do.



- For some children it is easier to start toileting on the toilet rather than using a potty as they then only need to learn one routine rather than two. If you do use a potty, try to do this in the toilet environment. However, please note some children may need to use a potty in a safe space initially.
- If they do go on the toilet (if they responds well to) praise and rewards are a good way of supporting them to want to go again. Some people say rewards help but can be difficult to manage long term. You could pick one of your child's main motivations (i.e.: tickles, singing, bubbles, etc.) and make the toilet into Tickle/Singing/Bubble time! Each time your child goes near, or sits on the toilet, follow this by giving them access to the fun activities they enjoy.

- **Make it fun.**

- Decorate the toilet with fun pictures or stickers of your child's favourite characters.
- Create a fun pathway by putting engaging picture stepping-stones on the floor i.e. numbers or arrows.
- Give different stuffed animals and figurines rides to the toilet to deliver their pee and poo.
- Hang a fun mobile above the toilet so that when they sit on it, it is visually stimulating for them to watch. Experiment with blowing or moving the mobile for them once they sit on the toilet.
- Try putting a ping-pong ball into the toilet and encourage your child to hit the target when they go for a wee.

- Going to the toilet has many steps to it so visuals do sometimes help independence and developing of routines.



(If you would like access to any visuals please contact setting or SEN Advisor)

- It can be hard work and it may take a small steps approach, a long time and a lot of repetition.
- If your child is in a setting, (nursery or school) working together on toileting will help your child to develop their toileting skills and independence.

Please note every child is different and its finding what works for your child.

Toilet timing



If you are thinking about beginning toileting with your child, toilet timing is a good starting point. It can help to develop an idea of when and how often your child goes to the toilet as well as helping your children to begin to understand the process and learn the routines of toileting while supporting independence.

Alongside taking your child to the toilet regularly it may help to write down every drink, meal/snack and check your child's pull up/nappy every half an hour so you can get an idea of their toileting routine and identify in the future when you may need to timetable toilet into their day.

Please note: It can be hard to tell if they have done a wee in their nappy/pull-up, as it may feel dry to the touch. Putting pants underneath the pull-up/nappy or putting a sheet of kitchen roll in may help to identify when your child has been.

Toileting chart to support toilet timing.

Time	Drink/food/snack Volume i.e. 1 cup/a meal/ a bottle.	Nappy/Pull-up/pants. Dry/damp/wet/soaking	Did child pass a stool? (Indicate yes in time slot)
6am			
6:30am			
7am			
7:30am			
8am			
8:30am			
9am			
9:30am			
10am			
10:30am			
11am			
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