

## You're at home anyway, could it be the ideal time for Toilet Training?



You may be wondering - **is my child ready?** Well, they actually say that many children do not show signs of being ready to lose the nappy and the longer they wear one of course the harder it is to introduce a new place to wee and poo.

So you're thinking.... Oh should I?

It doesn't have to be so full on, the first stages could be introducing the toilet or potty, showing your child what it's for, sharing stories or online video clips about using the potty.

Think about the child's routine and add introducing the potty in at set times, maybe at nappy changing, after a meal or before a bath. The bathroom needs to feel a comfortable place for your child so stay with them, let them hold a toy or maybe tell them a story or play a silly game to keep them entertained, after all, this is new and you're just wanting them to be happy to be there! Some children may be frightened to sit at first so maybe offer sitting with the nappy on, letting them drop a piece of tissue in and flush etc. After all, they are learning about what the toilet is and how it works.

Don't expect them to wee yet, but offer praise every time and keep it a positive experience. You could see from looking at your child's nappy hourly what times they generally urinate or soil and begin putting them on the toilet once comfortable at these times in the hope you catch one! This can help greatly for some children. Also, when they soil you can put it in the toilet and flush it away (if possible) showing them that's where you are wanting it to go.

Below are some websites which can give you more in-depth information, or speak with your child's key worker who will be able to support you further with advice.

[www.bladderandboweluk.co.uk](http://www.bladderandboweluk.co.uk)

<http://www.autism.org.uk/living-with-autism/understanding-behaviour/toilet-training.aspx>

[www.eric.org.uk](http://www.eric.org.uk)

