



Toilet Training Stages

1. The child wears pull-ups with no underwear and is taken to the bathroom at set times throughout the day for a potty party and become familiar with the bathroom as a positive experience
(Monitor if wet/day and is necessary altering times accurately to try to catch them dry)
The child washes hands before leaving the bathroom each time to build routine.
2. The child goes into the Toilet cubicle for a potty party, the child being distracted by bubbles/toys while an adult quickly checks the pull up. The child then helps with dressing and washes hands before leaving the bathroom
3. The child goes into the Toilet cubicle, pulls trousers down to change/check and child puts feet on a small step (so spacial awareness and feels secure/unable to fall & legs are not dangling) and sits on a CLOSED Toilet with the seat down. While sitting down the child is changed or if dry the child is distracted with bubbles/toys for a few minutes. The child then helps with dressing and washes hands before leaving the bathroom
4. When the child is starting to show ability to hold bladder and has routine times for peeing/pooing throughout the day make sure that they are given extra liquids throughout the day to ensure that there are more opportunities to catch pee in Toilet and positively reward child accordingly.
5. The child goes into the Toilet Cubicle, helps to pull clothes down, puts feet on a small step and sits on an open Toilet and has a potty party being distracted by bubbles/toys/songs. Once the child pees/poos in the Toilet they are positively rewarded accordingly. The child then helps with dressing and washes hands before leaving the bathroom
6. To help the child to learn when they are wet the child now wears underwear/pants close to the skin and pull-up on top. (The pull-up will still soak up the pee/poo so less mess and no negative experience for the child but the child having underwear closer to the skin will feel a better sensation of when wet/dry and help them learn the wet sensation. If the child is unable to identify when wet while still wearing the pull-up on top remove the pull up on a few occasions until he child experiences a wet sensation. Then go back to pull up on top of underwear until peeing consistently in the Toilet throughout the day and signalling when needing the Toilet
7. Once the child is signalling when needing the Toilet and peeing consistently throughout the day remove pull-up and continue Toilet routine until they remain dry throughout the day and signal independently throughout the day when they need the Toilet.
8. Once the child remains dry throughout the day and can signal independently using; body language/ PECs/ speech/ pointing/going to bathroom independently throughout the day when they need the Toilet - The child is now Toilet Trained! Be aware that if a child experiences change they might need to be reminded of Toilet training stages.



Toilet Training Kit List Required before you start:

1. A SENSE OF HUMOUR & LOTS OF PATIENCE! 😊
2. Clip-board & pen with pre-printed time sheets containing children's name to monitor every-time the child goes to the toilet with the code. (See attachment sheet)
 - Only take children to Toilet in no less than 45 min to 1 hr time intervals so children can gradually learn to hold their pee for up to an hour or more.
 - Monitor when the child is wet/dry & if there is a pattern to times through the day
 - When you have worked out the pattern of when the children of created a pattern with giving extra drinks throughout the day ensure you get the child to the Toilet before their routine/pattern time so you will have more opportunities to positively reward the children each time they accidentally & deliberately use the Toilet.
3. Step for the sink to independently wash hands afterwards.
4. Step for the Toilet to enable children's feet to be firmly on a hard surface or ground at all times.
5. Inset for Toilet seat – Do not use a small plastic potty unless there is no classroom access to a Toilet, otherwise you will have to teach the children twice how to use the Toilet and unlearn how to use a potty & a proper Toilet instead. OT Commode-style Potty chairs are totally fine as the same sitting posture as a normal Toilet.
6. Lots of spare clothes: trousers, skirts, shorts, tops, pants, socks, shoes. Washable shoes like crocs or water/beach shoes are fab when potty training so easily washed & nothing destroyed.
7. Pull-up style nappies & flushable wipes
8. Flushable Andrew Toilet wipes (so children gradually learn about cleaning themselves & flushing it instead of having to put baby wipes in the bin)
9. Bubbles
10. Variety of washable/wipeable plastic toys or books to play with in the Toilet while sitting on the Toilet or while at a potty party.
11. If applicable but not always! - small pre-printed stickers (I used the Toilet today or I was dry today) or small instant rewards pre-arranged to give child after each successful trip to the Toilet. I gradually weaned them off these & eventually they didn't need any reward for toileting & was just part of their daily routines.
12. DO NOT allow children to flush until they are finished & they have actually USED the toilet otherwise the thrill of flushing the toilet alone is a reward in itself. If the child does not use the toilet an adult only gets to flush so the child will have yet another reward to look forward to next time
13. For boys who miss the Toilet while standing up but flushable cereal like cheerios or small fish crackers for them to aim at and not pee all over the seat & floor.
14. Make up some silly songs to sing while sitting on the Toilet & washing hands to sing each time as a distraction and to help create a positive routine.
15. Large apple or nice scented floor wipes to use when a child (esp. boys) miss the Toilet pot to stop the risk of slipping & falling on the pee.
16. Visual routine laminated/velcro activity/schedule sheet to show children the order to dress/undress & visual cues. PECs visual cue cards for the Toilet sign to show each time you bring the children, so they can start to predict the Toilet routine.