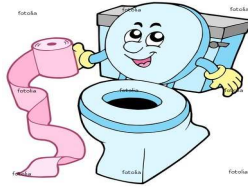


# Toileting Skills Plan- Step 2



## ❖ Continue the routine of sitting on the toilet-

- 1- Use toilet inner seat and step
- 2- Use object of reference if needed
- 3- Work on happy sitting on the toilet for 2 minutes. Don't expect any wees or poos on the toilet at this stage
- 4- Gradually increase the number of times and the length of time the child sits on the toilet to 5 minutes maximum
- 5- Eventually your child should be sitting after each nappy change and about 30 minutes after meal times, food or drinks
- 6- It can be a good idea to write down how long the child will sit for so progress can be seen.

## ❖ Use a toilet toy box to help with sitting-

- 1- Choose a toilet toy for the child and you to play with whilst on the toilet. Put the toy away when the child gets off the toilet.
- 2- Try singing nursery rhymes or blowing bubbles if your child doesn't play with toys.

*This toileting plan will be reviewed with you by Emma Wilson- Early Years Health Practitioner*