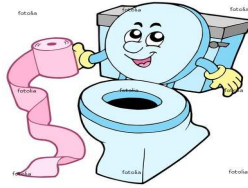


# Toileting Skills Plan- Step 3



## ❖ Dressing and undressing for toileting-

1. Use loose comfortable clothes
2. Place your hand on theirs to help them push their pants down
3. Use simple words such as “pants down”
4. You may be provided with additional visual pictures to support your child’s understanding.

## ❖ Continue with step 2 strategies of regular “happy sitting” on the toilet, using toilet toys and rewards

## ❖ Raising awareness of wet and dry-

1. Try your child in underwear or underwear underneath their nappy so they will be able to feel when they have done a wee
2. Encourage your child to indicate when they feel wet

## ❖ Keep a record of your child’s wees and poos. This pattern will be able to guide you when to take your child to the toilet

1. Keep a record for a week to be able to see a pattern emerge
2. Check hourly to see if underwear is wet or dry and record this on chart
3. Have nursery/ school/ child minder also keep a record.

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