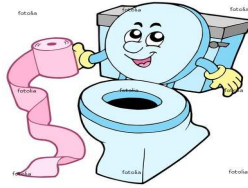


Toileting Skills Plan- Step 4



❖ Before moving your child into underwear to start formal toilet training

1. *Expect accidents- this is a normal part of becoming toilet aware.*
2. *Have a plan for dealing with wee and poo accidents, an accident bag with wipes and underwear can be helpful. Stay calm and say “you’ve done a wee/poo, lets get changed”.*
3. *Boys- only teach sitting down to wee until he is fully toilet trained for wees and poos.*

❖ Getting started

1. *Pick a time when you can be around your home for a few days to focus on toileting*
2. *Start to use underwear in the day and use nappies/ pull-ups only at night*
3. *Encourage big drinks then take to the toilet 10-15 minutes after them*
4. *Use objects of reference or simple phrases eg “toilet time”. You may also be provided with symbols/pictures- and a visual timetable to support the routine*
5. *When wee or poo is passed in the toilet give reward/ lots of praise*
6. *After a few days of intensive training try to keep to a routine of sitting on the toilet following food and drinks about 6 times a day*
7. *Keep a record of successes to track progress*

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