

Pack 2: Toilet Training Readiness

Sitting on the Toilet

Try sitting your child on the toilet, aim for between 2 and 5 minutes



Gradually increase the number of times and the length of time

A good time to start is before their daily shower or bath.



If your child does not like the feeling, try with clothes or nappy on and the lid shut.

Gradually move to lid open, trousers down, and then bare bottom.



Read the Toilet Area Tips Sheet for more information!

Getting the equipment you'll need

Some children need some form of equipment to help them feel safe on the toilet.

This could be:

- A foot stool
- Toilet rings
- Handles
- A back rest
- Arm support



If your child has difficulties with balance or sitting, discuss this with your child's Occupational Therapist.

Communicating they need to go!

You can work towards your child communicating they need to go to the toilet



Depending on how your child communicates, this could be:

- Using a PECS card
- Using spoken word
- Showing or pointing to an object
- Taking you to the toilet with them



Your child's speech and language therapist can help you with this