

Tip sheet – The Toilet Area

Making the area safe:

- 👤 Stay nearby when your child is sitting on the toilet
- 👤 Use the right equipment for your child's needs such as a toilet seat inset to make the toilet hole smaller, a padded toilet seat for comfort or a footstool
- 👤 Make sure the toilet is not too noisy
- 👤 Make sure the toilet is not too hot or too cold



Make the area relaxing:

- 👤 Play music which makes them relax or feel happy
- 👤 Choose a toilet paper your child likes
- 👤 Use soap, room sprays and disinfectants your child likes (not too strong)



Use a toilet toy:

- 👤 The toilet toy is to encourage your child to stay sitting on the toilet
- 👤 You can only play with it when sitting on the toilet
- 👤 Check that the toilet toy remains motivating; you may need to change it for something else! Some children have a few toys or books that are rotated every couple of days.



Possible reasons that children may refuse to go into the toilet area:

- 👤 Noise from the toilet flush, fan, hand dryers - Turn these off when your child is in the toilet
- 👤 Glare from bright lights - Use soft lighting or a coloured light shade
- 👤 Cold toilet seat – You can get toilet seat covers

