

Toileting at Home

Successful toileting is a gradual process. Your support at home plays a vital role in helping your child build confidence and achieve toileting independence.

1. Become Familiar with the Toilet

Before expecting your child to use the toilet, help them become comfortable around it.

- Visit the bathroom regularly together.
- Let them flush the toilet.
- Talk about what the toilet is used for.
- Read toileting story books (<https://shop.eric.org.uk/collections/toileting-books>).
- Allow them to sit on the toilet fully clothed at first if needed.

2. Establish a Toilet Routine

Regular toilet visits help children recognise their body's signals.

- Encourage your child to sit on the toilet at key times:
 - After waking up
 - Before leaving the house
 - After meals
 - Before bedtime
- Keep visits relaxed and pressure-free.
- Praise sitting and trying, even if nothing happens.

3. Move Away from Nappies

When appropriate, spend time without nappies during the day.

- Children often learn more quickly when they can feel that they are wet.
- Stay positive about accidents—they are part of learning.
- Avoid returning to nappies unless necessary.

4. Dress for Success

Choose clothing that is easy to manage.

- Elasticated waistbands
- Leggings or jogging bottoms
- Easy-to-remove underwear
- Avoid belts, dungarees and complicated fastenings

5. Learn the "Toilet Dance"

Help your child notice the signs that they need the toilet.

Talk about:

- Wiggling
- Holding themselves
- Squatting
- Suddenly becoming still

You might call this the "toilet dance" and gently remind them, "Your body is telling you it might be time to go."

6. Practise Independence

Encourage your child to:

1. Walk to the toilet.
2. Pull trousers and underwear down.
3. Sit safely on the toilet.
4. Wipe (with adult support as needed).
5. Put tissue in the toilet.
6. Flush.
7. Pull clothing back up.
8. Wash and dry hands thoroughly.

7. Celebrate Progress

- Use lots of encouragement and praise.
- Focus on effort rather than success.
- Stay calm if accidents happen.
- Remember that confidence grows with practice.

The goal is not perfection by September, but helping your child become familiar, confident and increasingly independent in managing their toileting needs.