

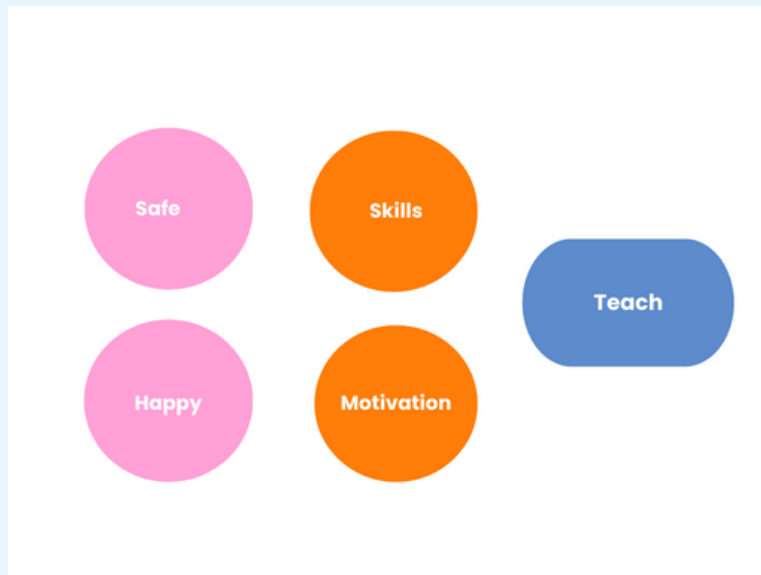
# Mastering toilet training

Extra information & resources



# Preparing to teach

Before you start toilet training, consider the following:



## Safety first

- Are there any medical concerns that would get in the way of successful toileting?
- Are there any other behaviours that would be unsafe during toilet training?

## Happy and comfortable

- Does your child seem generally comfortable and willing to go along with the process?

## Motivation is key

- Are there any toys and activities you can use to help your child remain on the toilet?
- Are there any toys or activities you may like to use as rewards for urinating?

## Your child's skills

- Does your child have periods of time when nappies are dry?
- Is able to sit comfortably for a number of minutes?
- Has some awareness of urinating.
- Understands "first \_\_\_\_ then \_\_\_\_".
- No fears/rules around toileting.
- You may need to spend some time teaching these above skills before commencing toilet training.

# Preparing to start

## Toilet or potty?

Depending upon your child's age, it may be easier to start with the toilet, especially if they will only be on the potty for a short time. If using the toilet, do you have everything you need for your child to get on the toilet independently and comfortably? A comfy toilet seat insert and a step to climb up will be helpful.

## Save the motivators

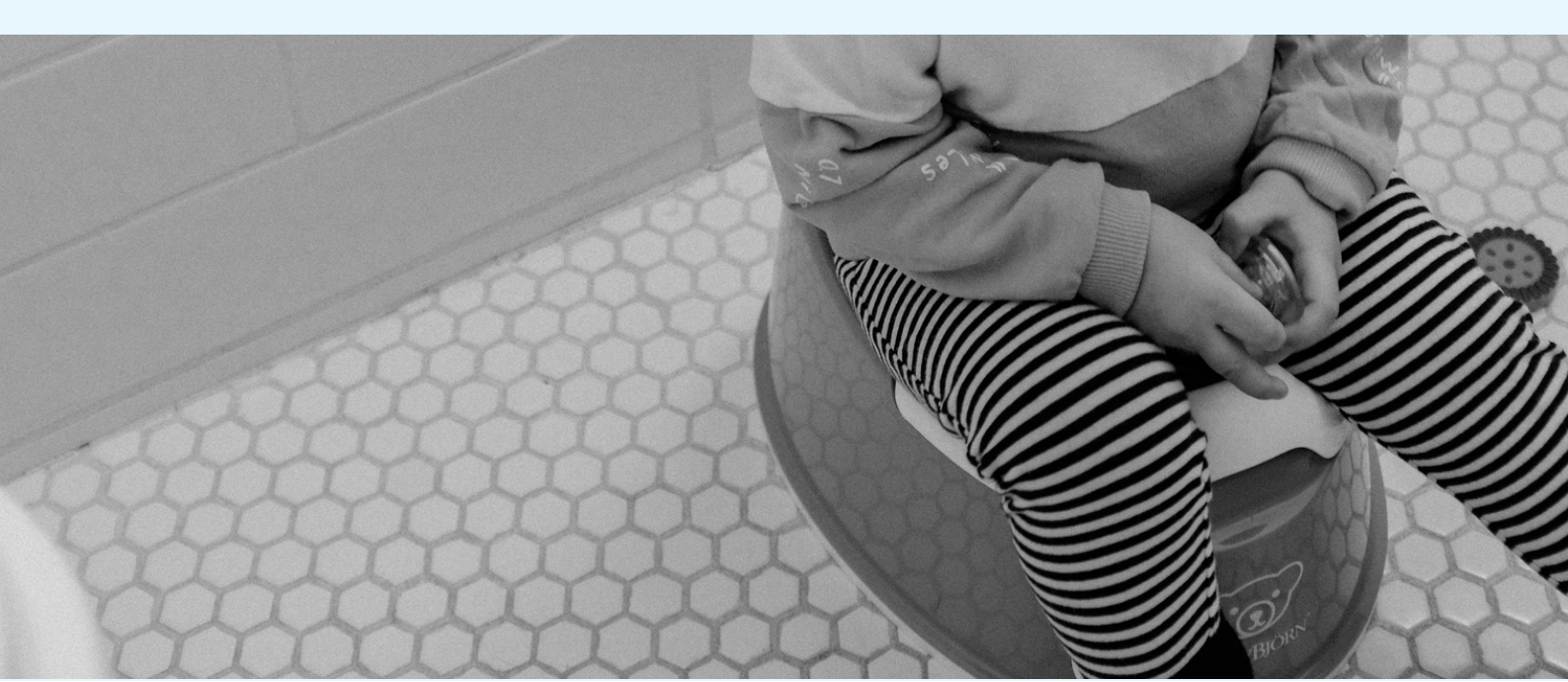
To keep your child engaged, save the items you are using to help motivate your child for toilet training exclusively for this activity.

## Toys and activities

Are there any toys or activities your child can engage with while sitting on the toilet, e.g. a fidget to play with or a book to read? Many families find having a box of toys and activities in the bathroom helpful.

## Warm and comfortable

Your child will be spending more time in the toilet, so it helps to ensure it is warm, comfortable and relaxing.



## **Changing of clothing**

There may be lots of washing in the first few days! Pants that don't have fasteners and are easy to pull up and down can be helpful. Think also about coverings for household furnishings and car seats.

## **Advice from your professionals**

Seek advice from the appropriate professionals if you have any concerns around toileting, e.g. lack of dry periods, constipation, etc.

## **Up the fluids, where possible**

Drinking lots of fluids will create lots of opportunities to practice!

## **Preparing your time**

It can be helpful to have a few days just at home in the initial stages. The child you are toilet training will most likely take up lots of your time and attention. Extra support at home can be helpful.





## Practice sessions

Create time in the day to practise. Breaking down the toileting process into smaller, manageable steps can be helpful. Focus on teaching one step at a time, gradually building up to the complete routine.

**Start with spending more time in the toilet/bathroom** doing fun activities, like blowing bubbles. This will make the experience less daunting for your child.

**Practise sitting on the toilet or potty** – start with sitting fully clothed, then progress to sitting unclothed.

**Practise “first \_\_\_ then \_\_\_”**. The use of visuals can help some children “ first (picture of the bathroom) then (picture of a fun activity).

**Try regular, short periods without wearing a nappy or pull-up**. This can help prepare your child for how it will feel when they stop using them altogether.

Remember, every child is unique, so be patient and flexible throughout the process. Celebrate small victories and provide plenty of support and encouragement. With time and consistent effort, your child can achieve success in toilet training.



# Additional resources

## Websites

[Continence Foundation of Australia](#)

Raising Children's Network [Toilet training autistic children](#)

## Videos and social stories

- [Toilet Training for Toddlers Social Story](#)
- [Using the Bathroom Social Story](#)
- [5 Steps for Potty Training](#)
- [Pirate Pete's Potty Party](#)
- [Peppa Pig Potty Training](#)
- [Cocomelon potty training song](#)

## Visuals

[Toileting picture cards](#)







## About Autism Partnership

Autism Partnership has been supporting children and their families for over 25 years. We provide a range of evidence-based services for autistic children early in life and as they transition and settle into school.

Our team is made up of some of the most accomplished clinicians and advisors in the field in Australia.

Children and their families are central to everything we do, and we are honoured to play a role in their journey.

Find out more about us at [autismpartnership.com.au](https://autismpartnership.com.au)

