

# Support in Newport & South Wales

- **Newport Autism Support Group**

Meetings take place on the first Thursday of every month, 10am-12pm at Serennu Children's Centre .  
Contact Hilary Leadbeater on 07899 906344

- **National Autistic Society Website**

The website has a variety of information around toilet training, hand-washing, dressing and undressing and bowel control.

- **ASDinfo Wales**

[asdservice.abb@wales.nhs.uk](mailto:asdservice.abb@wales.nhs.uk)

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My Story About...



Going to the Toilet.

## Ysgol Bryn Derw

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## Toilet Training Tips

### Ysgol Bryn Derw



## What you need to know

Many of our families ask for help with a toileting routine for their child as this can often be one of the main concerns families have and often a barrier to other parts of daily life.

It is important to note that our staff are not nurses or medical professionals but have year experience in toilet training in an educational setting. It's important that you speak to your child's class teacher if you are concerned about your child's toileting routine and furthermore seek medical advice if appropriate.

Here, we aim to offer some top tips to enable parents/carers to begin to identify firstly if children are ready for toilet training and how to establish a successful routine.

Some signs that your child is ready may include:

- Being able to tell you (or show you with a sign or gesture) that they have wet or soiled their nappy or clothes
- Being able to follow a simple instruction like 'Sit on the toilet', and being able to pull her pants up and down
- Having regular formed bowel movements
- Having enough bladder control to stay dry for at least one hour at a time during the day.

## Top Tips

At YBD we would like to share the following tips, which may help your child's toileting routine.

Creating a social story can provide insight into why we need to use the toilet and to break down barriers and misconceptions around the toilet. The toilet app is also really good—"Poo Goes to Poo Town."

- **Visual Supports.**

At YBD we have a visual schedule for the toileting routine. This helps to reinforce routine and give visual cues and prompts of what is next.

- **Use Simple & Consistent language**

Ensure everyone is using the same language.

Eg: 'Now Toilet.'

- **Introduce the toilet**

Start by changing your child's nappy whilst they are standing up by the toilet. Show them the routine—put the poo down the toilet, encourage wiping themselves and putting it down the toilet & flushing.

- **Environment**

Ensure the environment is calm and comfortable—perhaps introduce bubbles or singing as a way of relaxing your child when on the toilet. Encourage sitting on the toilet for around 2 minutes minimum.

- **Timing**

Work out your child's routine. Take them to the toilet at least once every 30 minutes, especially 20 minutes after food or drink. Make a diary of when they wet, if they went on the toilet and what times. This will help you to establish a pattern to fit your routine around.

## What to do during 'Toilet Time.'

- Be calm and confident.
- Praise! Whether verbal, thumbs up, stickers, clapping—whatever it is—show you are happy with what they are doing.
- Be supportive and compassionate. It is important that the young person knows that you are there to support them.
- Have visuals to hand if needed—now trousers down, sit on toilet etc.
- To ensure your child is playing an active role in their toileting routine remember to encourage independence by physically prompting engagement in their routine. (Eg: pulling trousers down, flushing the toilet, putting the nappy in the bin)
- Stick with it. It will take a while to establish the routine, but it will be worth it.
- Ensure the environment is calm and consider sensory overstimulation (too cold, hand dryers, the flush noise)
- Note the time and what happened—have a piece of paper close by to note what happened.