



## Strategies for self-care – Session 3 (Toileting Skills)

- Create a good toileting environment where the child feels safe, same routine, use visuals, consider smells, noise levels, keeping a diary of toileting can help plan timings.
- Create a reward system to keep motivation levels high and show progress.
- Use the visual prompt with simple and direct language to help your child understand.
- Consider what child's toilet seat to use, could they help choose one with you [Folding Travel Potty Seat for Boys and Girls, Fits Round & Oval Toilets, Non-Slip Suction Cups, Includes Free Travel Bag - Jool Baby Products... \(Aqua\) : Amazon.co.uk: Baby Products](#) use visuals for out & about.
- Consider for bowl movements a toy or activity they could complete to help they stay sitting on the toilet and a step to rest their feet on to feel safe, ca they reach the toilet roll.
- Deep pressure activities prior to toileting to decrease tactile sensitivities (e.g. wrapping in a towel and squeezing)
- Fear of flushing – leave this action until the end, close the lid to the toilet, remove the visual, grade this action (stand in door way, stand closer into the room, stand next to the toilet), play calming music.
- Sit or Stand? – consider core stability, afraid of the toilet seat, aids for aiming - [Acrylic Safety Mirror - Counter Top Freestanding Opticians, Beauty Counter \(G103\) : Amazon.co.uk: Home & Kitchen](#)
- Poo goes to poo-land - <https://www.youtube.com/watch?v=N95iV8JPuCA>

