

TOILETING

ACTIVITIES FOR HOME



REMINDERS

- All children are different and go through the stages of toileting at their own pace.
- Readiness of the child is most important
- Make it a fun and positive experience

READINESS

- Children may be ready for toileting when they start communicating that they are uncomfortable with a dirty diaper
- Help your child get ready by reading books about toileting, talking about toileting, and allowing the child to watch you while toileting

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HAND WASHING

- Make sure your child is able to reach the sink
- The temperature of water might matter to your child- make sure they are comfortable
- Let the child pick their own soap and hand drying towel
- Listen to or sing hand washing songs
- Practice washing a favorite toy or doll's hands

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CLOTHING

- Make sure your child can pull off and on their clothes (elastic pants or shorts are best)
- Avoid dresses or buttons/snaps at first
- Most children can take off clothes before they can put them on. Assist and guide your child with their clothing as they grow and learn.

3

4

PEEING

- Most children master peeing first
- Make a phrase or use sign language with your child so they can let you know when they need to go
- Help your child to relax on the toilet with stories or songs
- Listening to running water may help

POOPING

- Children usually master pooping after peeing
- They may need to sit on the toilet for a while- bring some toys and activities they can do
- Some children are nervous to poop on the toilet- be patient and understanding
- Have a favorite toy or doll pretend to go potty
- Let your child flush



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WIPING

- Start with pre-ripped sheets or wipes
- Help guide their hand at first then let them wipe (they will need a grown-up's help for a while)
- Practice on a doll or toy
- In the bath, place bubbles on their bottom and practice wiping with a soft washcloth

CONSIDERATIONS

- All activities should be done with adult supervision for safety.
- Children should wear clothing they can pull off and on by themselves
- This is not a substitute for medical care, please seek the advice of your child's medical team before implementing any of the strategies discussed here