

Child: _____ Date: _____

Therapist: _____ Phone: _____

Occupational Therapy

Toileting

Being able to go to the bathroom independently is an important self-care skill. Teaching your child to use the toilet requires patience and consistency. Once your child has shown signs of readiness, a routine and physical environment can be established to encourage independence in toileting.

Signs of Readiness:

- Regular and somewhat predictable bowel movements.
- Staying dry from 1-2 hours.
- Child indicates when they have to go in some way (i.e. verbal, gesture etc.)
- Child dislikes being wet or messy.

Physical Environment:

- A potty or small toilet seat
- A box or stool to support child's feet. Knees should be slightly higher than hips.
- Quiet space with no distractions (i.e. toys, loud noises)

Establishing a Routine:

- Put the child on the toilet at regular times of the day to encourage a routine (i.e. first thing in the morning, after breakfast, mid-morning, after lunch, etc.)
- Be consistent. The sequence of events (washing hands after toileting) and time spent on toilet should remain the same.
- Try using training pants during the day, as they are easier to pull on and off independently.
- Respond as quickly as possible when the child indicates his/her need to use the bathroom.
- Respond to accidents calmly. Take the child to the bathroom and change them immediately so that he/she will learn to like being clean and dry.
- Toilet training can be a lengthy process. Some children may show resistance at first and you may need to back off until the child is ready to try again.
- As with any new skill your child is learning it is important to be positive. Praise your child for trying and for a job well done.

Resources:

- Examples of potty training picture books: Everyone Poops, by Taro Gomi; Uh Oh! Gotta Go! by Bob McGrath; Once Upon a Potty, by Alona Frankel
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