

SEND Toolkit

Physical and/or Sensory

Early Years

Toilet training children with SEND

Remember: Starting before the child is ready can cause an aversion to using the toilet. Discussions and an agreed plan should be in place before toilet training.

Making sure the child is ready:

- Remains dry for longer periods of time.
- Understands simply instructions
- Shows discomfort in nappy or indicates that they wish to be changed
- Indicates that they need the toilet or appears to be holding themselves.
- Is developing sequential understanding with other skills
- Shows a curiosity in going into the bathroom

Good Practices:

- Visual cues should be used to support child's communication when using the toilet.
- Ensure visual prompt indicates 'Finish' because task completion is a powerful motivator for many children.
- Transition objects can often support toilet transitions especially where children have been fearful or avoidant of using the toilet.
- Introduce a 'bathroom' routine to promote predictability for the child and to encourage their understanding of sequence.
- If a child is resistant in using the toilet, the use of a water prompt can often promote the child's recognition of the sensation to use the toilet.
- Use a prompt such as a teddy to demonstrate toilet use and sequence.
- Use a 'time chart' to identify key toileting times.
- Always respond to indications of wanting to go to the toilet. Avoid making the child wait where possible.