

PRACTICAL STEPS

1. Prepare yourself
2. Prepare the environment
3. Ascertain where your child is in the process
4. Begin!

COMMITMENT + CONSISTENCY + PROGRESSION = TOILETING INDEPENDENCE

Progressive Steps

AT HOME - Naked or Training Pants

OUT - Nappy

NIGHT- Nappy

- Start with nappy free time to increase awareness.
- Commence using dressing stool & discontinue sleeping bag/ cot/ dressing on a change table.
- Introduce your child to the toileting equipment – i.e. potty set-up and/or toilet set-up.
- All poos tipped from nappy into the toilet when home. Demonstrate a few times then this task can be given to your child.
- Work on collaborative / independent dressing.
- Demonstrate the flushing process.
- Demonstrate the hand washing process.



Communication Reminders:

- USE emphatic language eg. "Let's go to..." or "it's time to..."
- OFFER a choice.
- PRAISE descriptively.

AT HOME - Underwear	OUT - Training Pants	NIGHT- Nappy
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When your child is using the potty/ toilet + 50% i.e. once aware and gaining control.

- Offer Minimal assistance with dressing – help less and less.
- When your child is able to undress / dress it is time to step back even more eg. Say " off you go, call me when you need help."
- Demonstrate the wiping procedure in a slow consistent manner and allow them the practise when interested.

AT HOME & OUT - Underwear	NIGHT - Nappy
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When your child is using the potty/ toilet + 80% gained control & cooperatively going to the potty/toilet when required.

DAY & NIGHT- Underwear

- When mostly using Potty or Toilet (occasional to no mishaps).
- Replace night nappy with an over sheet mattress protector.

