



# GETTING READY TO BE INDEPENDENT – TOILETING

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## Helpful for children who are unsteady on the toilet:

- Ensure child's feet are supported on the ground or a footstool.
- If adult-size toilet is too big for the child, consider using a ring reducer to provide them with more support when sitting.

## Helpful for children who struggle to remember the steps of toileting:

- Use pictures to show child the sequence of steps needed. See website: [www.do2learn.com](http://www.do2learn.com) for pictures.

## Helpful for children who struggle to wipe themselves effectively:

- Try using wet wipes instead of toilet paper.
- Practice folding 3-4 squares of toilet paper and holding in one hand.
- Encourage child to look at toilet paper after wiping to see if they are clean.
- If child has difficulty reaching behind them, play games requiring them to use their hands behind their backs e.g. passing bean bags behind their backs.
- Peanut butter training: Spread a little peanut butter / chocolate sauce on a plate and encourage child to wipe the plate clean using toilet paper without getting any peanut butter on themselves.

