










Toilet Training Step 1 Self Help Measures

<ul style="list-style-type: none"> • Have 6 to 8 drinks spread throughout the day • Eat plenty of fruit and vegetables to prevent constipation <div style="text-align: center;">  </div>	<ul style="list-style-type: none"> • Use communication aids, object of reference or PECS • Use consistent simple language <div style="text-align: center;">  </div>	<ul style="list-style-type: none"> • Make sitting on the toilet fun • Use rewards • Download the app 'Poo goes home to poo land' • Wave "bye" to the poo <div style="text-align: center;">  </div>
<ul style="list-style-type: none"> • Open door policy <ul style="list-style-type: none"> - Let them see others use the toilet <div style="text-align: center;">  </div>	<ul style="list-style-type: none"> • Nappy changes in bathroom area and stood up where possible • Tip poo down the toilet <div style="text-align: center;">  </div>	<ul style="list-style-type: none"> • Buy inner seat and step <div style="text-align: center;">  </div>
<ul style="list-style-type: none"> • Make the bathroom area inviting, add pictures and toys. <div style="text-align: center;">  </div>	<ul style="list-style-type: none"> • Sit them on the toilet at nappy change times and after meals times. <div style="text-align: center;">  </div>	<ul style="list-style-type: none"> • Liaise with school or nursery; please provide us with the schools information. <div style="text-align: center;">  </div>

