









## Toilet Training Self Help Measures Step 2

<ul style="list-style-type: none"> <li>• Have 6 to 8 drinks spread throughout the day</li> <li>• Eat plenty of fruit and vegetables to prevent constipation</li> </ul> 	<ul style="list-style-type: none"> <li>• Use communication aids, object of reference or PECS</li> <li>• Use consistent simple language</li> </ul> 	<ul style="list-style-type: none"> <li>• Make sitting on the toilet fun</li> <li>• Use rewards</li> <li>• Download the app 'Poo goes home to poo land'</li> <li>• Wave "bye" to the poo</li> </ul> 
<ul style="list-style-type: none"> <li>• Open door policy           <ul style="list-style-type: none"> <li>- Let them see others use the toilet</li> </ul> </li> </ul> 	<ul style="list-style-type: none"> <li>• Put your child in underwear initially until dinner time then gradually increase by an hour a day until they have them on all day.</li> </ul> 	<ul style="list-style-type: none"> <li>• Sit your child on the toilet every 30 minutes to start with then gradually increase it to 45 minutes then hourly.</li> </ul> 
<ul style="list-style-type: none"> <li>• Complete a toilet chart to record how often your child wees and poos.</li> </ul> 	<ul style="list-style-type: none"> <li>• Sit them on the toilet at nappy change times and after meals times.</li> </ul> 	<ul style="list-style-type: none"> <li>• Liaise with school or nursery; please provide us with the schools information.</li> </ul> 