










Toilet Training Self Help Measures Step 2

<ul style="list-style-type: none"> • Have 6 to 8 drinks spread throughout the day • Eat plenty of fruit and vegetables to prevent constipation 	<ul style="list-style-type: none"> • Use communication aids, object of reference or PECS • Use consistent simple language 	<ul style="list-style-type: none"> • Make sitting on the toilet fun • Use rewards 
<ul style="list-style-type: none"> • Open door policy <ul style="list-style-type: none"> - Let them see others use the toilet 	<ul style="list-style-type: none"> • Nappy changes in bathroom area • Tip poo down the toilet 	<ul style="list-style-type: none"> • Buy inner seat and step 
<ul style="list-style-type: none"> • Try in underwear for a few hours a day • Prompt regularly to use the toilet 	<ul style="list-style-type: none"> • Boys to sit down on toilet 	<ul style="list-style-type: none"> • Liaise with school or nursery 

Further Information available from: www.eric.org.uk

Contact number : 0161 7412030

Nurse: