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## Promoting Independence in Toileting Skills

N.B. It is important that your child is encouraged to participate in getting ready to use the toilet and to finish using the toilet, so they are aware of and can complete the whole routine themselves. Give lots of praise for taking responsibility!

### **Encourage your child to use the toilet by doing these things themselves:**

- Putting on the bathroom light (if needed) themselves
- Lifting the toilet seat up/putting it down
- Adjusting their clothing
- Positioning themselves (if able to do so) on the toilet
- Having their feet supported on a bath step or similar if they are unable to reach the floor (for stability)
- Reach for the toilet paper (without having to twist around to get it)
- Tearing off the toilet paper or getting a wet wipe ready for use

### Top Tips

#### **Using toilet paper:**

- Encourage your child to take 3 or 4 sheets of paper and count the number of sheets with your child, until it becomes part of their routine.
- Folding the toilet paper can make wiping easier and less messy than scrunching it up.
- Textured toilet paper is thicker and easier to handle and usually tears more easily (preventing children tearing off thin strips/bits of paper).

#### **Wiping:**

- To begin with, encourage your child to do the **last wipe**. Then progress to doing the **last 2 wipes**
- Once this is established, progress to **last 3 wipes and so on until they are doing all the wipes themselves**.
- Encourage your child to check the paper after each wipe, ask them if they need to wipe again? This will help them to understand when they are clean.

#### **Finishing using the toilet:**

- Encourage your child to pull the flush themselves and to check that the toilet is clean and empty, ready for the next person who needs to use it
- Encourage your child to wash and dry their hands themselves and every time they have used the toilet.
- If they are able to reach as your child to turn the bathroom light off (if used).