

Checklist for using the toilet

Here is a list of the main steps for using the toilet.

Can your child do any of these steps?

Tick ✓ the steps your child can do.

This will help you know what your child can do.

Then start with the step your child cannot do. For example pull his pants up and down.



☐ Knowing he needs to go



☐ Pull pants down



☐ Sit on toilet



☐ Wee in toilet



☐ Poo in toilet



☐ Wipe bottom



☐ Pull pants up



☐ Flush toilet



☐ Wash hands

Knowing he needs to go is the last step your child will learn.

Use these pictures when you are teaching your child to use the toilet.

You can get more copies of these pictures from your support worker or at www.continencevictoria.org.au



Step 1 Getting ready

In this step you will be teaching your son how to sit on the toilet.

- Let your child watch you in the toilet
- Explain what you are doing

You may need a **special toilet seat** and a foot stool. This equipment helps your child to sit on the toilet safely.



Toilet insertion seats, potty chairs or toilet frames are different types of **special toilet seats**.

Ask your support worker how to get the right seat for your child.

Use the seat each time your child sits on the toilet.

At nappy change time

- Take his nappy off and sit him on the toilet
- At first he may only sit for a few seconds
- Give your child a toy to help him sit longer on the toilet
- Keep this toy only for the toilet
- You want your child to sit happily on the toilet for 2 minutes





Step 2 Before you put your child into underpants

This step is about the things you need to do just before you take your child out of nappies.

Pick the day you will start toilet training.

Your child should be able to sit on the toilet for 2 minutes. He needs to sit 3 or 4 times during the day

Tell your child what is going to happen

- Wee and poo are now to be done in the toilet
- No nappies during the day
- Nappy is only for night time just before bed

Be prepared for accidents with wee and poo

Your child will wet or poo his pants when he first starts toilet training.

Be prepared for accidents with wee and poo

- Have 6 pairs of clean underpants each day
- Have clean clothes in the bathroom
- Have wipes in the bathroom
- Always do the same routine

Here is what to do when your child wets or poos his pants

- Do not make a fuss
- Take your child to the bathroom
- Remove wet clothes
- Clean his bottom
- Put on clean clothes
- Take your child back to what he was doing



Step 3 Teaching your child to use the toilet for wee and poo



This step you will be teaching your son how to use the toilet.

Take the nappy off.

Dress your child in clothes that are easy to pull up and down.

Track suits, pull up pants and shorts with stretchy waists are good.

Take your child to the toilet every 2 hours.

Say to your child 'Toilet time'.

Remind him of each step

- Pants down
- Sit on toilet
- Wee/poo in toilet
- Wipe
- Pull up pants
- Flush toilet
- Wash hands



Let him sit for up to 2 minutes but no longer.



Use the pictures on page 20 to remind your child of what to do. You may want to put the pictures next to the toilet.

For the first 2–3 days stay at home to get the routine in place.

Keep to the routine until your child is doing wee in the toilet.

Using toilets when you are out

Do not stop going out because of your toilet training routine

It is important for your child to use lots of different toilets

- Take your child's special toilet seat out with you
- Use the parent room toilets or the disabled toilets when you can
- Sometimes public toilets are dirty. Take some wet wipes so you can clean the seat first

Talk to your support worker after 4 weeks of doing this step.



Knowing he
needs to go



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Pants down



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Sit down



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Wee in toilet



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Poo in toilet



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Check paper



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Pull pants up



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Flush toilet



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Step 4 Teaching your child to wipe his bottom

In this step you will be teaching your son how to wipe his bottom.

Make sure your child can get the toilet paper.

Place your hand over his to help him at first. Keep helping him until he gets the hang of it.

Use these prompts.



☐ Pull down the paper



☐ Tear off the paper



☐ Roll paper into hand



☐ Reach to bottom



☐ Wipe from front to back



☐ Check if paper is clean



☐ Drop paper into toilet



☐ Keep wiping with fresh paper until it is clean



☐ Flush toilet



☐ Wash hands

Use the pictures on page 21 to remind your child of what to do. You may want to put the pictures next to the toilet.

Get toilet paper



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Tear paper off



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Wipe bottom
front to back



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Check paper



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No poo



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Put paper
in toilet



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Flush toilet



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Wash hands



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Knowing he
needs to go



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Pants down



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Sit down



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Wee in toilet



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Poo in toilet



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Check paper



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Pull pants up



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Flush toilet



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Get toilet paper



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Tear paper off



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Wipe bottom
front to back



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Check paper



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No poo



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Put paper
in toilet



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Flush toilet



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Wash hands



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