

Family Strategies for Toileting and Wiping:

Things to try for parents and carers

- If your child doesn't like toilet paper, try using wet wipes or a wet cloth.
- Keep things quiet and calm during potty training. Bright lights or noisy fans can be scary. Hand dryers in public bathrooms might also frighten them.
- Some children don't like hard toilet seats. You can use a soft or padded one.
- If they feel wobbly, it can make them nervous. Use a step to help their feet reach the ground. You can also try a smaller toilet seat or a handrail to help them feel steady.
- To help your child learn to wipe, play fun games like passing a ball around their back or legs. Teach them how to fold toilet paper by practicing with shaving foam or chocolate spread on a plate.
- If they're scared of getting messy, let them wear gloves while practicing.
- Use a big mirror so your child can check if they are clean after wiping.
- If they don't like bad smells, you can put a nice smell they like on their sleeve or collar.

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- Some children feel safe wearing a nappy. To help them get used to the toilet, let them wear a nappy while sitting on it.
- Help your child notice things like how a nappy feels heavy or smells different when it's used.
- If they don't notice when they pee, let them go without clothes for a while. They can see what happens and learn how it feels.
- As they grow, they might not like lying down for a nappy change. Try changing them while they stand.
- Use pictures or stories to show them how to use the toilet.
- Let them help pick out new things, like underwear, so they feel excited about it.

Scan the QR code to watch our video support for children and young people with sensory processing differences



You can also find helpful resources on toileting on the [Healthier Together website](#). Scan this second QR code for more information.



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