

## Going to the toilet on my own

More children struggle with understanding their toilet needs for many reasons. Modern nappies and pull-ups have specially designed cores that mean a child may not feel the discomfort of being wet.



### Skills required:

Developing the awareness and association between what is happening in their bodies, the urgency they feel and the act of sitting on and successfully using the toilet requires the following.

Having toileting awareness (being aware of urgency)!

Sequencing of the activity from realising they need the toilet to drying their hands.

Being tall enough to get onto and off the toilet.

Good unsupported sitting balance and an awareness of where their bodies are in space.

Being able to reach over their base of support when sitting to reach the toilet roll.

Being able to wipe themselves after using the toilet paper.

Being able to reach the taps and turn them on and off again.

Being able to reach and use the soap dispenser.

Being able to reach the paper towels.

Being able to use both hands together to wash and dry hands.

Being able to tolerate the water, paper towels, soap and or hand dryer.

Being able to tolerate the smells

Being able to pull down and pull up clothing as needed.

Liking the water too much (in the toilet and the wash hand basin)!

## How can we help?



Are parents and carers on board with toilet training if this is what needs to happen?



Seek support from the school nurse/health visitor for toilet training support.



Have access to toilet steps.



Use information from ERIC the children's bowel and bladder charity. [www.eric.co.uk](http://www.eric.co.uk). Go to the web site, access the professionals tab and view the Early Years Professionals section where support for common toileting issues in Early Years Settings can be found.



Use sequenced information or sequencing cards in the toilet stalls. Twinkl have a nice resource. [www.twinkl.co.uk](http://www.twinkl.co.uk) To help



Have a toilet stall that has a nursery toilet frame to help children who are developmentally a little unsteady or fearful of the toilet height hold on and reach for the toilet roll or feel safe wiping themselves. Any child can access a staff with this aid in place.



## Resources



Wet wipes and spare clothes from home



Setting policy on toilet training



ERIC the children's bowel and bladder charity resource [www.eric.co.uk](http://www.eric.co.uk)



Twinkl for visual sequencing guide [www.twinkl.co.uk](http://www.twinkl.co.uk)



An example of a toilet frame <https://www.nrshealthcare.co.uk/bathroom-aids/children-s-bathroom-equipment/children-s-toileting-showering/nuvo-petite-childrens-toilet-frame>