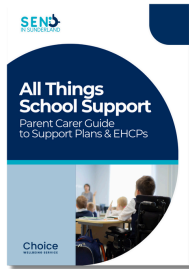
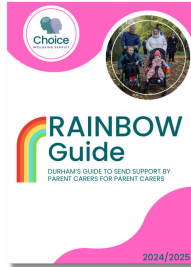
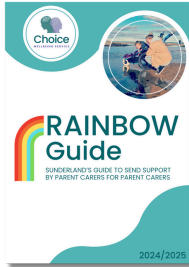


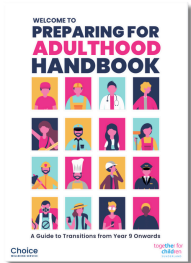
Here are just a few more guides we have available!



Guides on specific subjects



Rainbow Guides



Transitions Guides

Personal Care

Parent Carer Guide to Potty Training

Your Child, Your Choice

Because one size doesn't fit all

Find our website here:



Potty training a child with additional needs can be significantly more challenging than with neurotypical children due to a variety of factors. These difficulties often stem from developmental differences, sensory sensitivities, communication barriers, and medical considerations. The information here is guidance, with more support received from those supporting your child.

Why your child might struggle with potty training:

- **Developmental Delays:** Many children with additional needs may have developmental delays that impact their ability to understand and control their bodily functions. This includes delays in cognitive understanding (knowing what the toilet is for), communication skills (expressing when they need to go), and motor skills (getting to the toilet in time, undressing).
- **Sensory Sensitivities:** Children with conditions like Autism or Sensory Processing Disorder (SPD) can be highly sensitive to sensory input. The feel of the toilet seat, the sound of the flush, the splash of water, the smell of the bathroom, or even the texture of toilet paper can be overwhelming or aversive, leading to strong resistance.
- **Communication Challenges:** A child who has limited verbal or non-verbal communication skills may struggle to tell their parent or caregiver when they need to use the toilet. This makes it difficult to catch signals and respond in a timely manner.
- **Lack of Body Awareness:** Some children may have difficulty recognising the internal sensations associated with needing to use the toilet. They might not feel the urge until it's too late, or they might not distinguish between different sensations.
- **Rigidity and Resistance to Change:** Children who thrive on routine and predictability, such as those with Autism or PDA, may find the introduction of a new routine like potty training highly disruptive and resist it strongly. They might prefer the familiarity of diapers.
- **Medical Conditions:** Certain medical conditions common in children with additional needs can directly impact bladder and bowel control, such as spinal cord issues, muscle tone differences, or chronic constipation.



- Look for signs of readiness, even if they don't appear in the same way as typically developing children.
- Make the bathroom a calm and comfortable space, addressing sensory needs.
- Divide the toileting process into smaller steps and focus on one step at a time.
- Be patient and consistent: Potty training can take longer for children with additional needs, so avoid rushing the process.
- Visual schedules and routines: Help your child understand what to expect and reduce anxiety.
- Picture symbols: Use visual cues to communicate instructions and routines, especially for non-verbal children.
- Step-by-step instructions: Break down the toileting process into visual steps.
- Sensory sensitivities: Adjust the bathroom environment to minimise sensory overload, such as strong smells, bright lights, or loud noises.
- Use sensory-friendly wipes, toilet paper, or even cloth diapers.
- Consider the water temperature, the type of soap, and other sensory aspects.
- Positive language and encouragement: Use praise and positive reinforcement to encourage desired behaviours.
- Rewards and incentives: Use rewards to motivate your child, such as stickers, or favourite activities.
- Make it fun: Incorporate games, songs, and other enjoyable activities to make potty training less daunting.
- Accidents and challenges are common, so don't get discouraged.
- Be willing to modify your methods and strategies as your child progresses.
- Focus on progress, not perfection: Remember that learning takes time and effort, and celebrating each step forward is important.

Any concerns, contact the bladder and bowel team.

For more information on potty training, follow this QR code here:

