










Toilet Training Self Help Measures Step 1

<ul style="list-style-type: none"> • Have 6 to 8 drinks spread throughout the day • Eat plenty of fruit and vegetables to prevent constipation 	<ul style="list-style-type: none"> • Use communication aids, object of reference or PECS • Use consistent simple language 	<ul style="list-style-type: none"> • Make sitting on the toilet fun • Use rewards • Download the app 'Poo goes home to poo land' • Wave "bye" to the poo 
<ul style="list-style-type: none"> • Open door policy <ul style="list-style-type: none"> - Let them see others use the toilet 	<ul style="list-style-type: none"> • Nappy changes in bathroom area and stood up where possible • Tip poo down the toilet 	<ul style="list-style-type: none"> • Buy inner seat and step 
<ul style="list-style-type: none"> • Make the bathroom area inviting, add pictures and toys. 	<ul style="list-style-type: none"> • Boys to sit down on toilet until all poos are on the toilet. 	<ul style="list-style-type: none"> • Liaise with school or nursery; please provide us with the schools information. 

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