



# TOILETING

## Five Top Tips from parents to help your neurodivergent child with their toileting

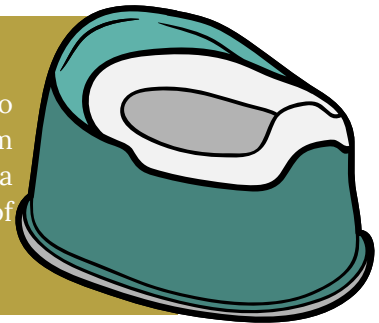


### Create a welcoming space

Make the bathroom encouraging for the child to enter - "we use fairy lights to make it a nicer place, and, as my son has a heightened sensitivity to some smells, we spray some light fragrances around the bathroom before he uses the toilet"

### Skip the potty?

Change can be a big challenge, particularly for autistic children, so it might be worth considering whether you can move straight from nappies to encouraging them to use toilet with a training seat and a step. That way they haven't got to go through the challenge of another change in the future, moving from potty to toilet.



### Be patient

It can take neurodivergent children a lot longer to use the toilet, so they (and you) need to be a lot more patient. Use sensory toys or fidgets, or read a book to encourage children to sit on the toilet for longer periods if necessary.



### Build a routine

If your child does struggle with knowing when to go, then try and build it into a routine. For instance in school after every break time, go to the toilet whether they feel like you need to or not, so that the child has more structure through the day.



### Explore Sensory Issues

Investigate whether there's anything preventing your child using the toilet. Examples of sensory issues might be that the flush is too noisy, or sensitivity to certain smells. If you're using a public toilet, then it's important to remember that noisy hand dryers can be terrifying for children.

