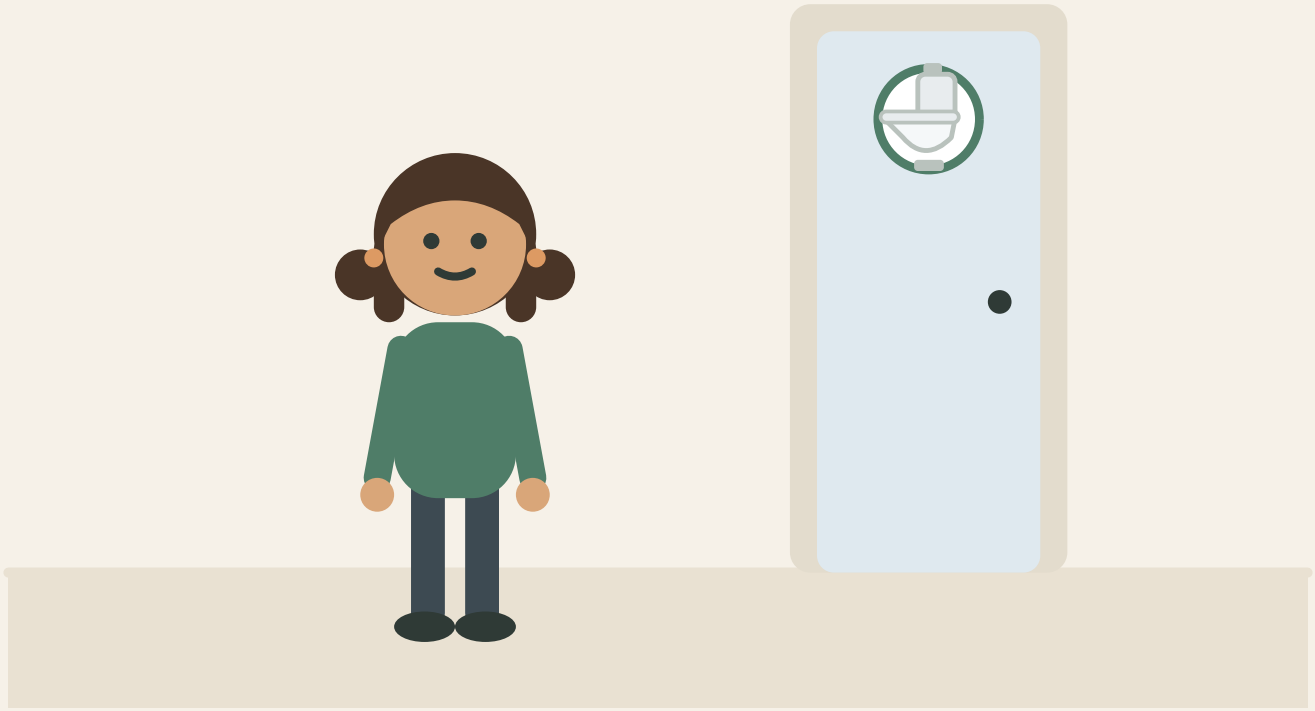
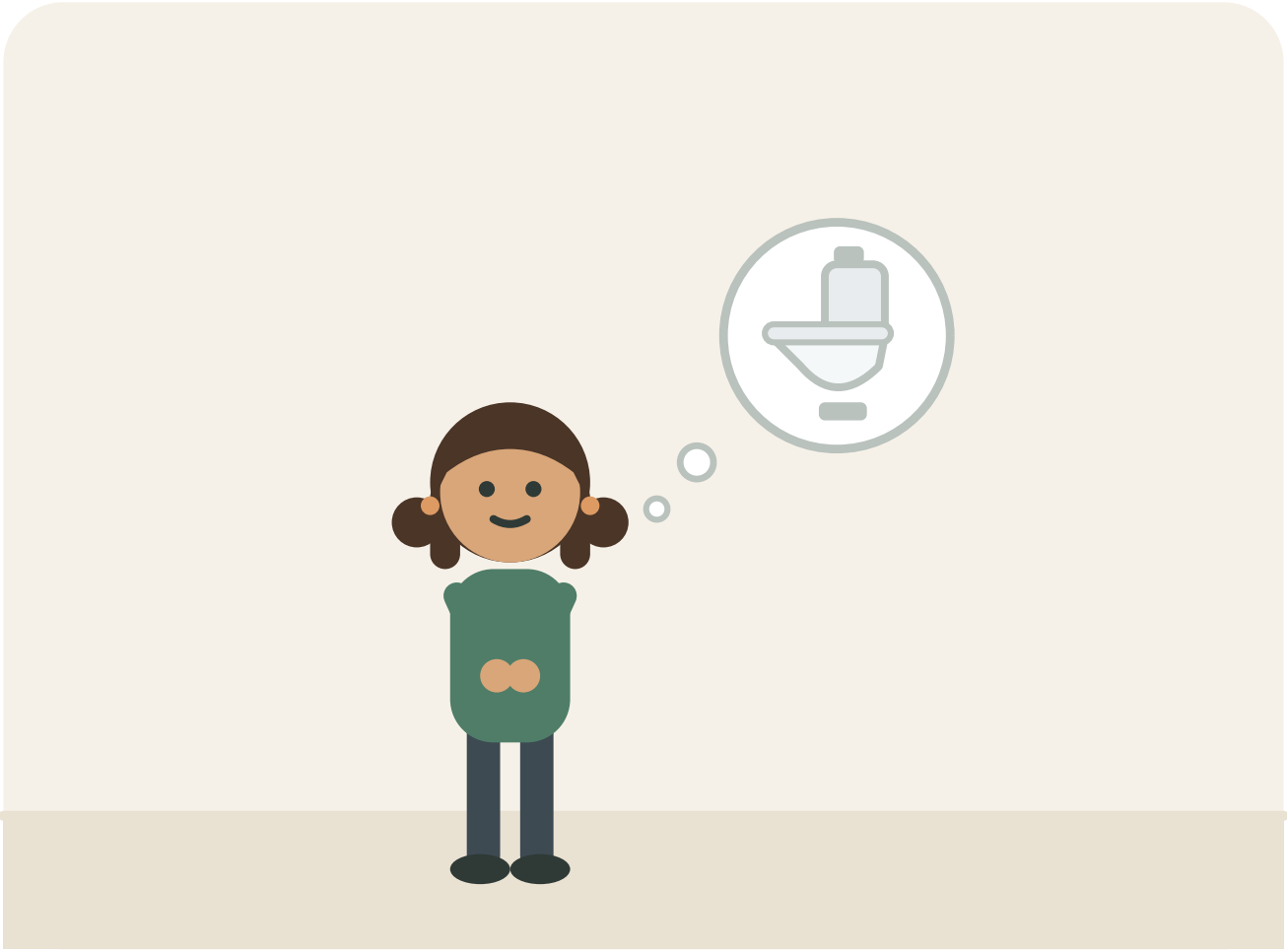
My Toilet Routine

A visual step-by-step guide

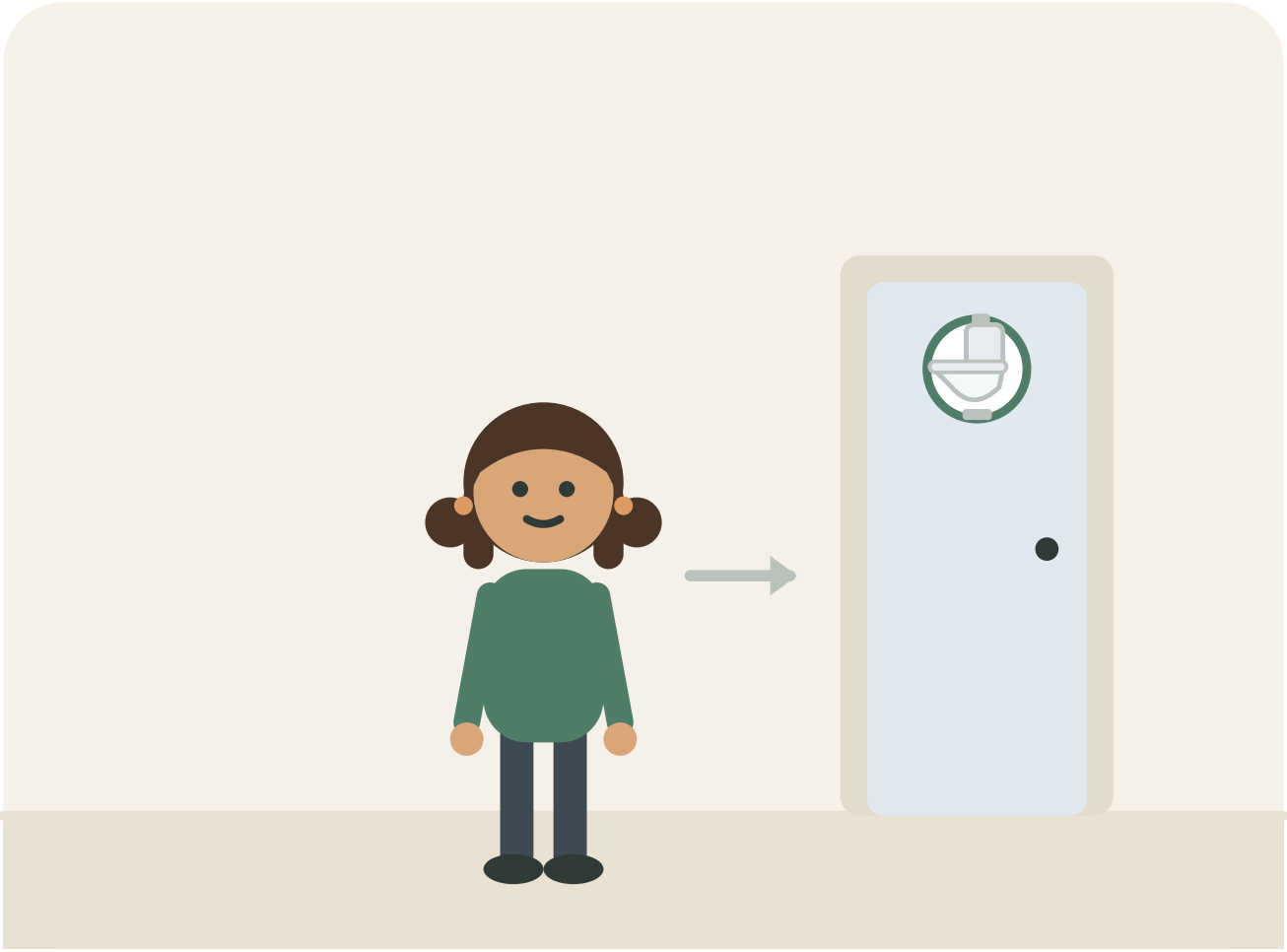


Every child develops toilet skills differently.
Use the pages that are helpful for your child.



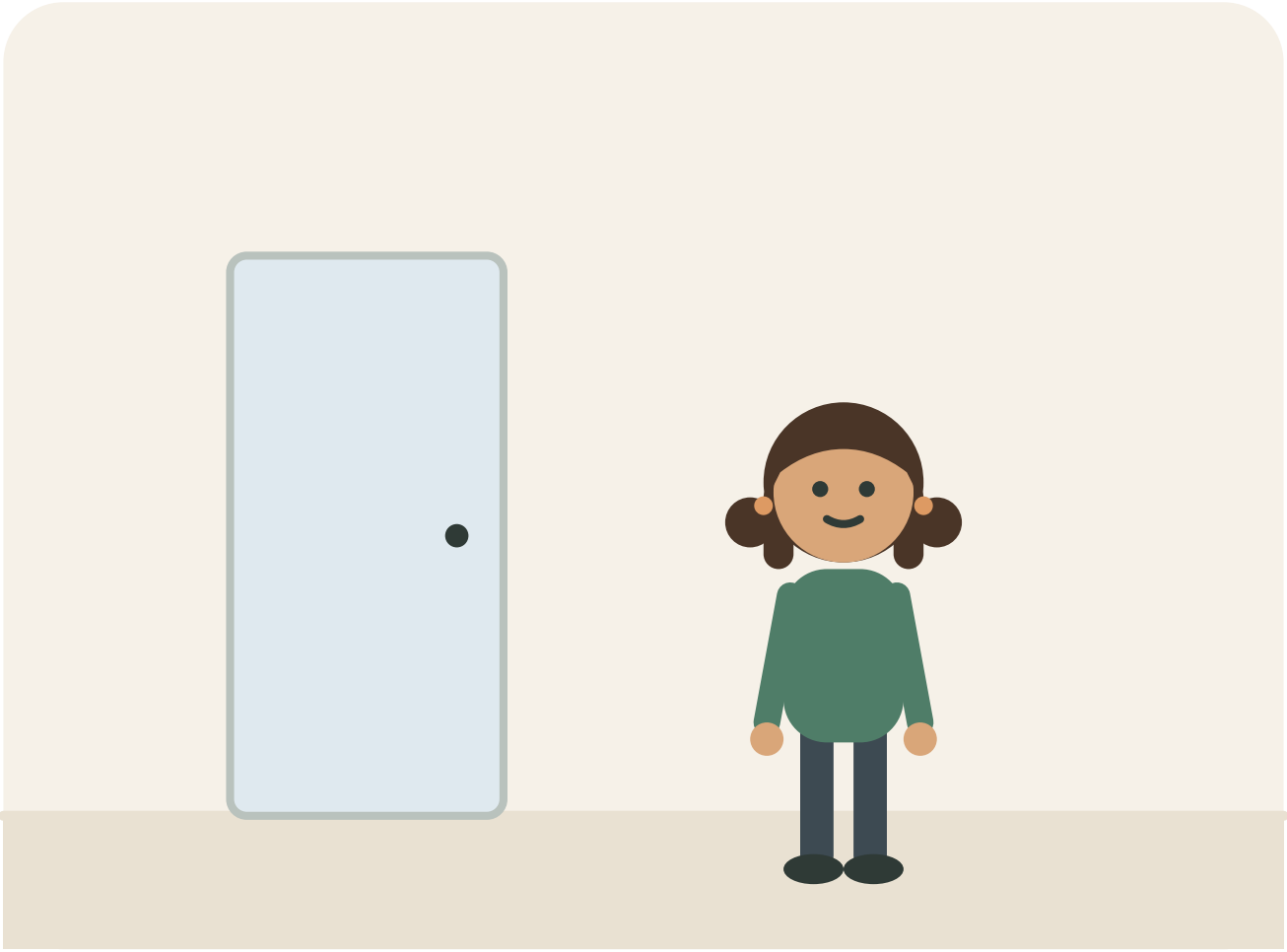
Sometimes my body tells me that I need the toilet.

An adult may also remind me to try.



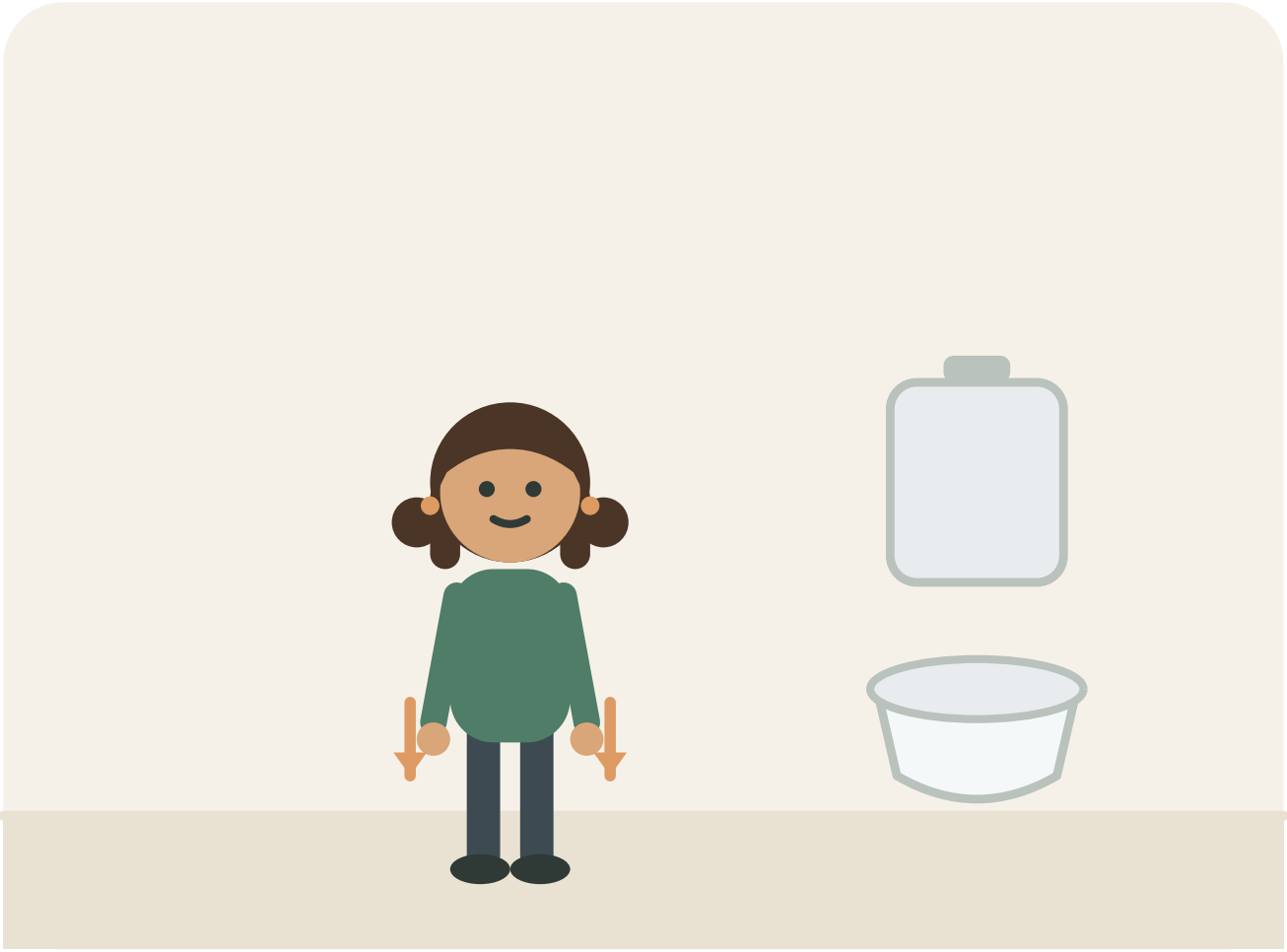
I go to the bathroom.

I can ask an adult for help if I need it.



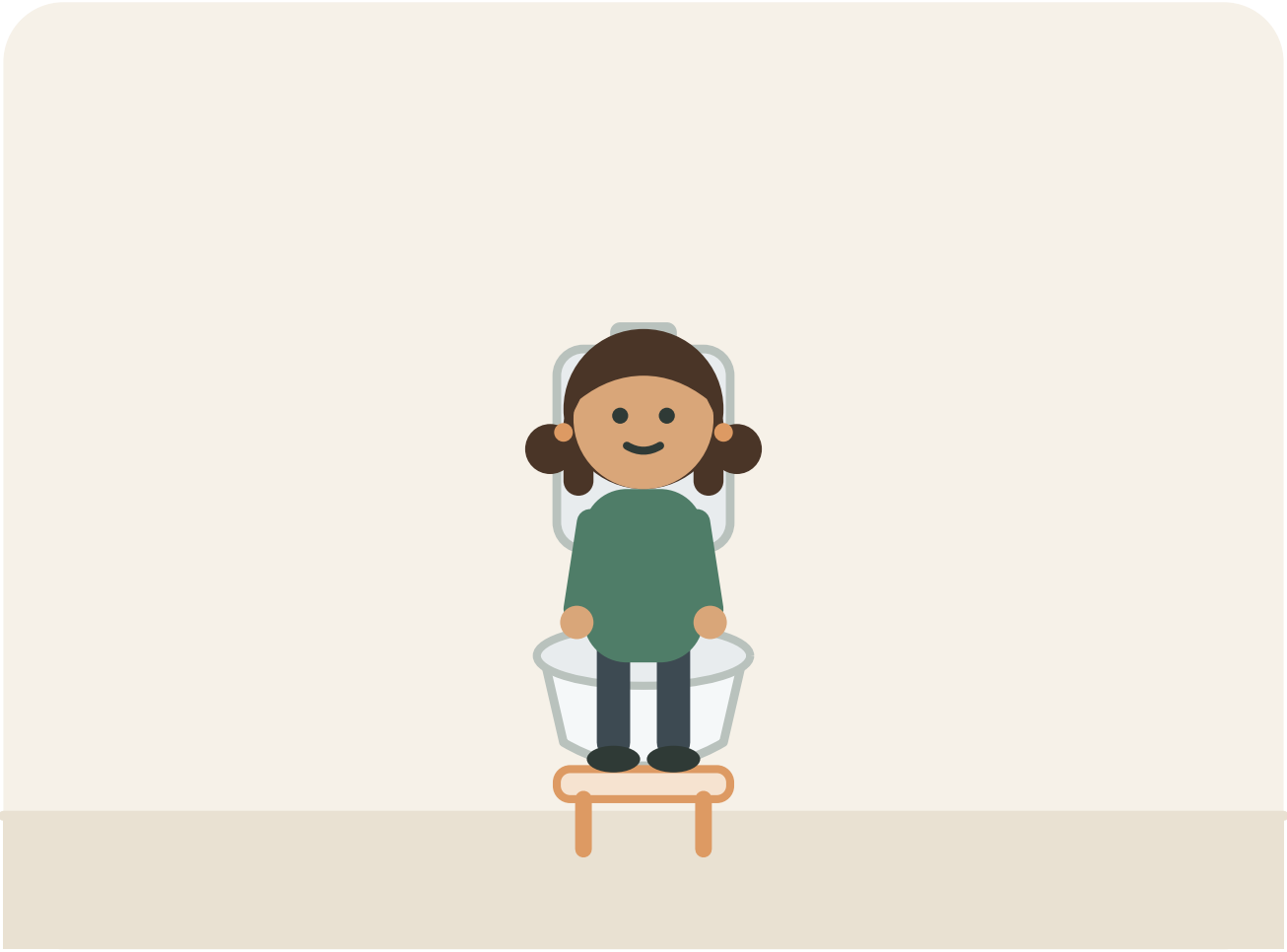
I close the door when it is safe to do so.

The bathroom is a private place.



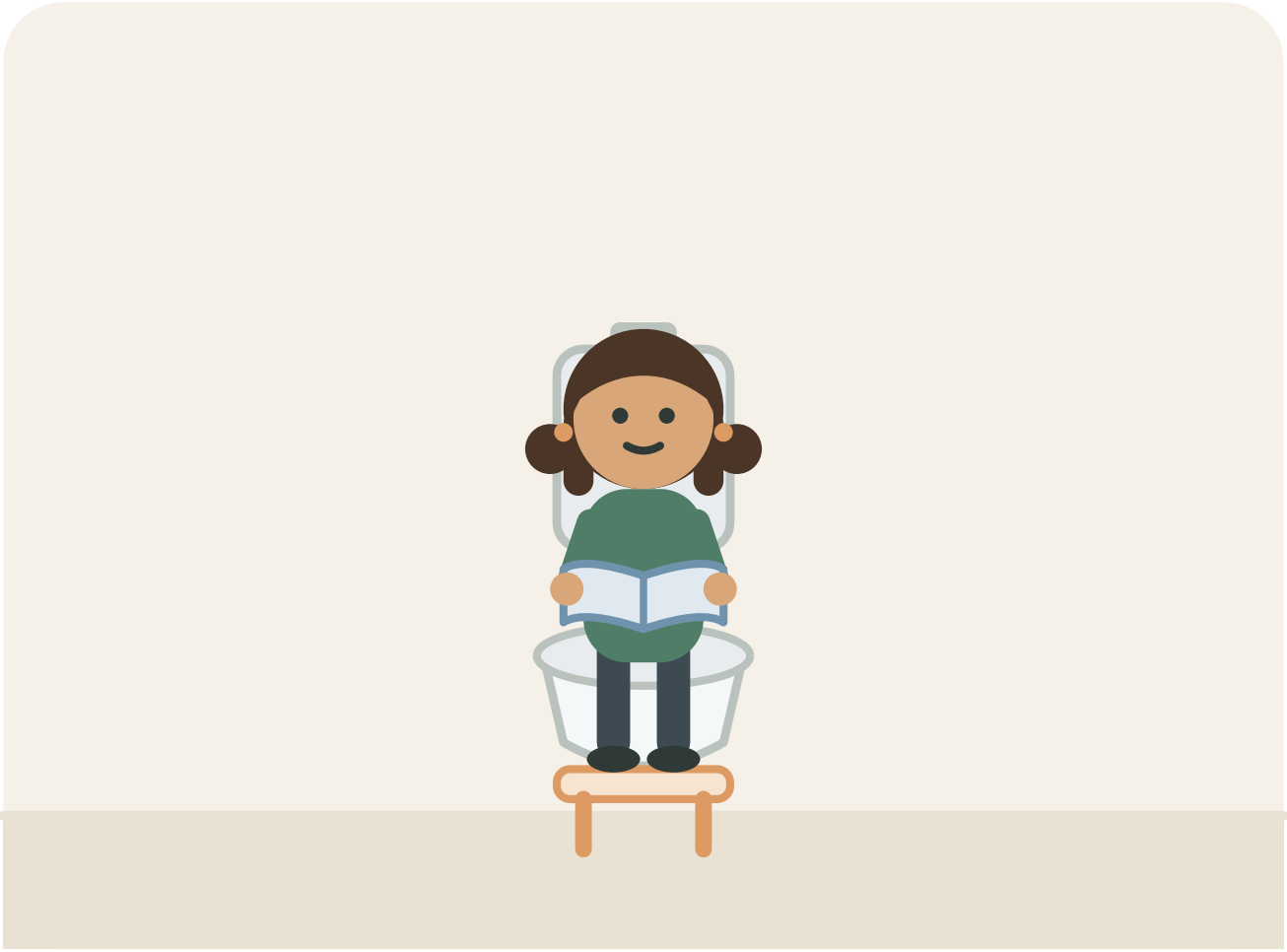
I move my clothing so I can use the toilet.

An adult may help me if I need support.



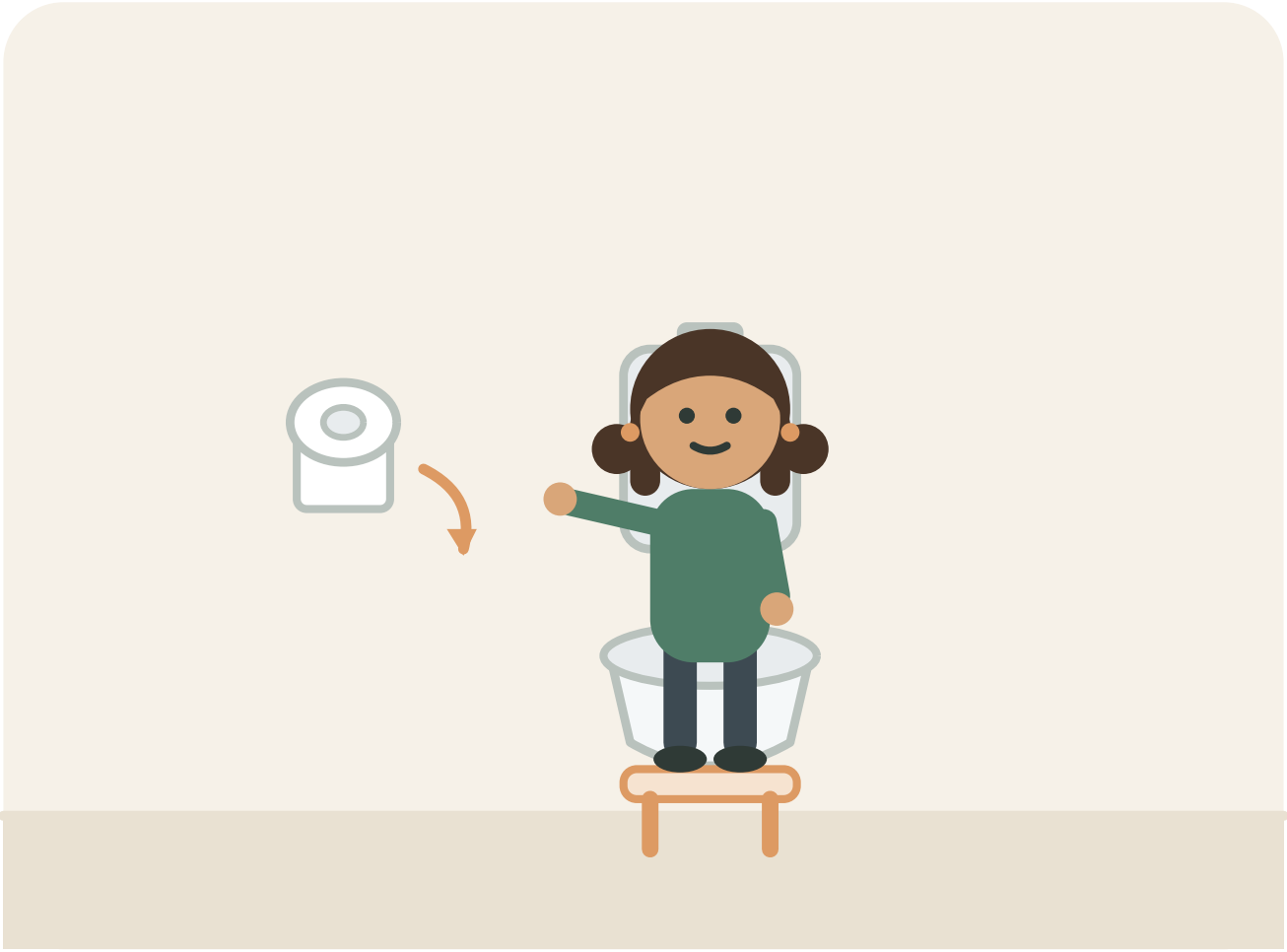
I sit safely on the toilet.

I may use a smaller seat or a foot stool.



I give my body some time.

I can breathe slowly or look at a book while I wait.

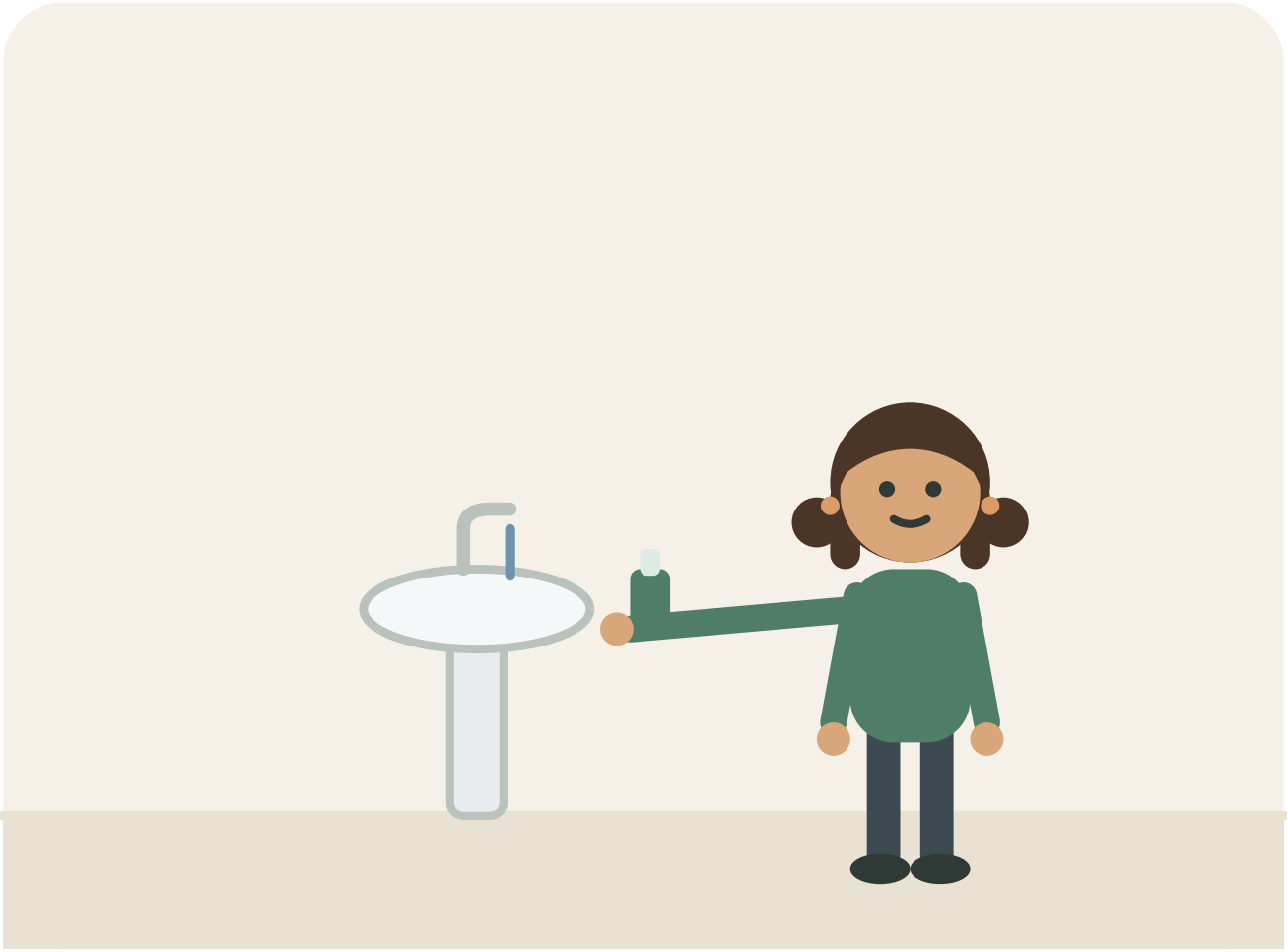


When I am finished, I wipe.

I can ask an adult for help if I need it.

I put my clothing back in place.

Then I flush the toilet.



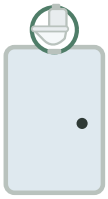
I wash my hands with soap and water.

Then I dry my hands.

My Toilet Steps

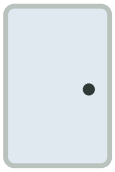
Follow the steps from 1 to 8.

1



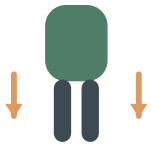
Go to the bathroom

2



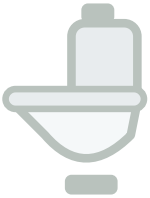
Close the door

3



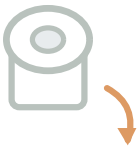
Get ready

4



Sit on the toilet

5



Wipe

6

Get dressed

7

Flush

8

Wash and dry hands

First – Then

FIRST

Toilet routine

THEN

Next activity

Toilet please

Help please

More time

Finished

Things that may help me

Use a smaller toilet seat

Put my feet on a stool

Use a visual timer

Read a short book

Ask for help

Follow the same routine

How to use this pack

- Use calm and neutral language.
- Follow the same sequence when possible.
- Make sure the child can sit safely and place their feet on a stable surface.
- Use the child's familiar words for the toilet routine.
- Respect privacy while providing the level of help the child needs.
- Avoid punishment, shame or comparing the child with other children.
- Some children may need help from an occupational therapist, continence professional or medical practitioner.
- Sudden changes, pain, constipation or ongoing difficulty should be discussed with an appropriate health professional.
- A visual resource may support learning, but it cannot diagnose or treat toilet difficulties.

This resource provides general visual support and is not medical, continence or clinical advice.