Toilet Training – Poo – Step-by-step

**Instructions for parents**

Using the toilet uses fine and gross motor skills (big (arm and torso) and small (hand and finger) movements), visual perception (looking and recognizing that the toilet paper is dirty, and organisational skills (doing things in order). Many children struggle with these.

1. Read through the above instructions/pictures with your child.
2. Practice step-by-step when your child doesn’t need the toilet (repeating each step helps your child to learn).
3. When your child is using the toilet, use the above images, step-by-step, to help them use the toilet independently.

Success may take some time. Don’t give up. Give your child lots of praise to let them know they’re doing well.

Dry hands

Wipe front to back

Paper in toilet

Flush toilet

Pants up

Tap on

Soap, wash hands

Tap off

Toilet paper

Scrunch

Poo in toilet

Sit

Pants down

Lift seat

Close door