






Toilet training a child is never straightforward . For many autistic or additional needs children the process can often start later, take more planning, and may take longer. But it will be worth the effort in the long run.

Establishing a routine is a huge step in helping your child become toilet trained.

This record sheet can help you develop a toilet routine for your child. Recording your child’s wee and poo habits for 3 ‘typical’ days helps you to identify their wee and poo pattern so you can encourage them to sit on the toilet at around that time. Your notes may also help you spot any signs of constipation that could make toilet training unsuccessful.



Date:

MEAL TIME	TIME OF WEE	TIME OF POO	TYPE OF POO	BEHAVIOUR CHANGE
 Breakfast				
 Lunch				
 Dinner				
 Drinks				
 Snacks				

Let's get started

Here is a guide to help you fill in the record sheet;

Meal time

Write down the time your child has their meals, drinks and snacks. This helps you track how long it takes between when your child eats or drinks and when he or she is wet or soiled.

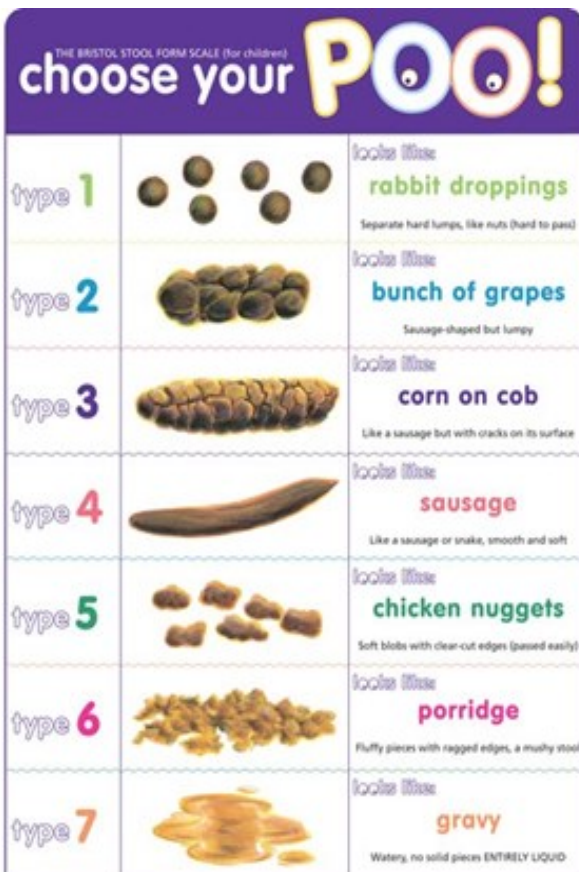
It may be helpful to write down what your child drinks. You may see a pattern with the type of drink he or she has and how often or quickly they wee afterward.

Time of wee / Time of poo

Check you child's nappy or pull up every 30 minutes for wetness or soiling.

Write down the time that any wee or poo is passed

This will help you identify your child's wee and poo patterns. Use this information to schedule toilet time.



Based on the Bristol Stool Form Scale produced by DR KW Heaton, Reader in Medicine of the University of Bristol

Type of poo

Write down the number from the Bristol Stool Chart that best describes the poo—see pictures in the *Choose Your Poo* table on the left.

Record the size of the poo passed as small/ medium or large

Types 1,2 and 3 suggest constipation. You should contact your child's doctor for further advice if your child passes these types of poos.

Behaviour change

Write down any behavioural changes you notice before or after your child has passed a wee or a poo. For example, running and hiding, jiggling around, crossing their legs, or clutching at themselves.

Recognising any behavioural changes will help you decide when is a good time to encourage your child to sit on the toilet.

Would you like more help establishing a toilet routine for your child? Clearsteps Consultancy have teamed up with TomTag, award-winning visual supports to create a comprehensive Toilet Training Tool Kit .

Further help and support is also available via a FREE Facebook support group: **Potty and Toilet Training Support Group**

Visit www.clearstepsconsultancy.co.uk