



PARENT TOOLKIT

Toileting



This information sheet provides guidance for parents and carers of primary school children who are developing independence with toileting. Every child progresses at their own pace, and gentle, consistent support can make a big difference.

Key Principles

- **Be patient and positive:** Encourage effort rather than focusing on mistakes.
- **Stay consistent:** Use the same routines at home and school where possible.
- **Promote independence:** Allow your child to do as much as they can on their own.
- **Build confidence:** Praise small steps and celebrate progress.

Toileting Skills to Practise

1. Recognising the need to go

- Encourage your child to notice body signals.
- Prompt them to use the toilet regularly, especially after meals.

2. Using the toilet independently

- Show them how to sit comfortably and safely.

- Teach boys both sitting and standing options depending on readiness.

3. Wiping

- Practise front-to-back wiping.
- Aim for 3–4 wipes until the paper is clean.
- Wet wipes can help at home (not at school due to plumbing rules).

4. Handwashing

- Use warm water and soap.
- Teach the 20-second rule (sing a short song to help!).

5. Clothing management

- Choose clothes your child can easily pull up and down.
- Practise fastenings at home: buttons, zips, belts.

Supporting Good Hygiene

- Reinforce proper handwashing every time.
- Encourage flushing and closing the toilet lid if applicable.
- Keep spare underwear and a change of clothes in your child's school bag.

Working With the School

- Let the school know if your child needs extra support.
- Share routines or strategies that work well at home.
- Inform staff about any medical conditions or medications affecting toileting.

Common Challenges & Tips

Accidents

- Stay calm and reassuring.
- Encourage your child to let an adult know immediately.

Fear of school toilets

- Visit the school toilets together during drop-off if allowed.
- Talk through any worries your child has.

Constipation

- Offer water regularly.
- Include fruits, vegetables, and whole grains in their diet.

When to Seek Additional Help

Speak with your GP or school nurse if:

- Your child regularly soils or wets after age 5.
- There is pain when using the toilet.
- Toileting difficulties are causing distress.

Need Support?

If you have concerns or would like guidance, please contact your child's teacher or the school's Family Support Worker.

You are not alone—many families need a little extra help with toileting, and we are here to support you and your child.