

## Toilet Training and Continence Issues



Knowing when you need the toilet or not and having that bladder and bowel control differs in age, anywhere between 2 and 8 years old would be classed within the ranges of typical development. It can be hard to know where to start if your child has additional needs, especially if communication is difficult. Making a change can take time so be patient and consistent!

Below is a link to ERIC for additional needs and the NHS link offers more generic advice. ERIC has programmes, tips and motivation ideas all free and accessible to support toilet training for children with additional needs.

Try some of these ideas and if you are still struggling, ask your health visitor or school nurse for some support.

<https://www.eric.org.uk/>

<https://www.nhs.uk/conditions/pregnancy-and-baby/potty-training-tips/>

<https://www.bbuk.org.uk/toilet-training-resources/>

<https://www.bbuk.org.uk/children-young-people/children-resources/>