

# Top Tips

## Prompting to sit on the potty or toilet

### ‘Timed Toileting’

You first need to get your child comfortable and happy to sit on the potty as a routine part of their day. Over time we suggest you also introduce sitting on the toilet.

Once your child is in a routine of regularly sitting on the potty with some occasional success you need to be thinking about timing the potty sitting for when a wee is due.

After conducting the baseline assessment, you should have a rough idea of how long your child can go between wees. Use this as a benchmark for prompting. If they can hold a wee for 1 hour and 30 minutes, start with that interval, then gradually extend it to 1 hour and 45 minutes, then 2 hours, and so on. As the bladder fills and stretches, it eventually sends the ‘I need to wee’ signal to the brain.

When doing the ‘timed toileting’ it is important to remember that the timings should always go from the previous wee rather than the clock.

Encouraging a wee when the bladder is likely full helps the child learn to recognise the sensation of a full bladder and respond appropriately by going to the toilet. If prompted too frequently, before the bladder is full, they may not learn to recognise that signal.

Further information regarding toilet training can be found on the DSUK website.

<https://downsyndromeuk.co.uk/parents/toiletraining/>