



Visual Support Guide: Toileting Routine

What?

These two sets of visual supports describe the steps involved in the toileting routine. The first set shows pictures of a boy. The second set shows pictures of a girl. Clearly showing each step in a multi-step routine can help a child who has difficulty staying on task or who can complete some, but not all, of the steps. The first set also includes an "I have to go potty" symbol that a child can use to communicate the need to use the bathroom to an adult.

Why?

- Toileting visuals can help children understand the multiple-step routine of toileting and can support children to communicate when they need to use the bathroom. Having the visuals available in the bathroom can help children perform the entire routine more independently.
- The visuals have several uses.
 - Teach a child toileting step by step. Begin with teaching each individual step. As the child makes progress in learning the steps, gradually decrease your support until the child can complete the entire task independently.
 - Provide a reminder for children who can complete all the steps but might need an adult reminder about the order of the steps or to keep going until they are finished.
 - Provide a visual that a child can point to or give an adult when they need to use the bathroom.

How?

- Make a toileting routine visual.
 - Print and cut out one of the toileting routine charts. Translate each step into the languages spoken by the children in your class or create a separate modified chart in each language.
 - Laminate and post the chart in the bathroom.
 - Print, cut out, and laminate the "I have to go potty" symbol separately.
- Use a toileting routine visual.
 - Show the pictures and explain the steps to children. See if they can follow the sequence on their own.
 - If a child needs help, teach the sequence. Show pictures of what to do next. Touch and describe each picture as the child completes the corresponding step.
 - Make sure the child looks at each picture and connects the picture to the action.
 - If a child needs more practice, give a copy of the toileting sequence to a family member to use with the child at home.

- Post the “I have to go potty” symbol somewhere that children can access it.
 - It may be helpful to have multiple symbols around the environment so they’re easily accessible.
 - If a child looks like they need to use the bathroom, prompt them to point to or give the symbol to an adult.
 - As the child learns to use the “I have to go potty” symbol to independently initiate a trip to the bathroom, keep the visuals present in the environment to remind children to go when needed.

Toileting Routine

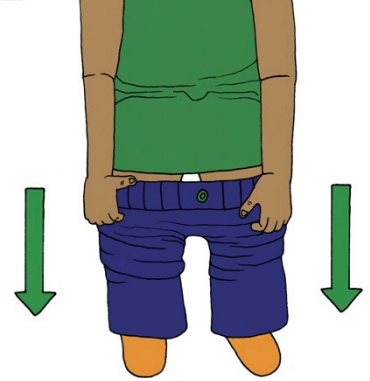
Have to Go Potty



Open Bathroom Door



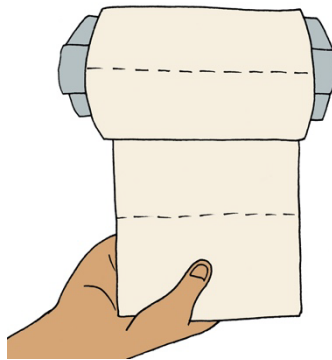
Pull Down Pants



Sit on Toilet



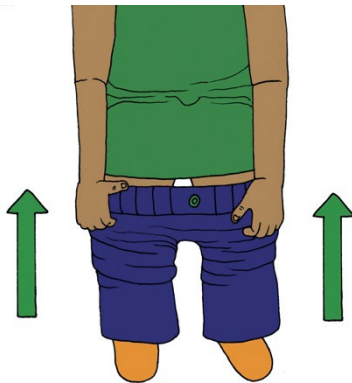
Get Toilet Paper



Flush Toilet



Pull Up Pants



Wash Hands

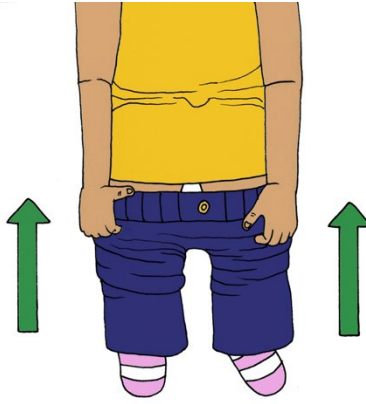


Toileting Routine

Open Bathroom Door



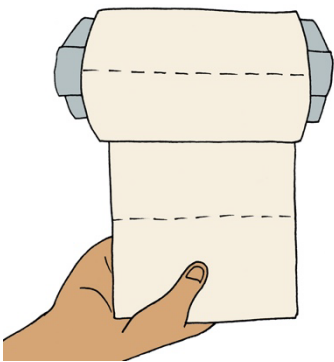
Pull Down Pants



Sit on Toilet



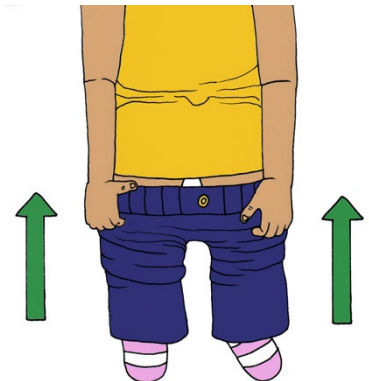
Get Toilet Paper



Flush Toilet



Pull Up Pants



Wash Hands

