

Toileting routine checklist

Can your child understand and relate to the routine?

Ensure the routine is presented in a way that the person understands. Some examples include photographs, symbols, objects, written words, and Makaton.



Break the task down into small steps

Toileting can be a complex task. Break the whole process down and teach step by step in sequence.



Identify a regular pattern

Some children may always go to the toilet at the same time after breakfast each day, some may get up at the same time each night. Identify your child's toileting habits and build these into their routine.



Stick to the routine

For most autistic people routine can bring comfort. Straying from their usual routine can increase anxieties.



Ensure your child has a way to communicate their toileting needs

This should be their preferred way of communicating



Involve key people

Key people involved with your child should be aware of their toileting routine and should have copies of it to provide consistency.

