Toilet Rules

Nine months or more?
Then I’m to sit on a potty
With feet on the floor

Start introducing the potty after meals and at other routine times, such as before a bath, so that it becomes part of your child’s day. This not only helps getting ready for toilet training but also helps your child’s bowels as it is easier to poo in a squatting potty position.

With love from the
Toilet Fairy

We recommend parents and professionals in the UK join our Facebook page Going POTTY! Toilet training advice and tips for children with Down syndrome
https://www.facebook.com/groups/219984462212935/ and for further information and support contact Bladder & Bowel UK at bbuk@disabledliving.co.uk or telephone the helpline on 0161 607 8219