



Bladder & Bowel UK

Supporting people with bladder and bowel problems

part of Disabled Living



**Positive about
Down syndrome**

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