Toilet Rules

I’m coming up to the age of two
And I regularly sit on the potty
Where I now do all my poo!

Encourage sitting on the potty or toilet around 20 minutes after meals. Use a step if your child is using the toilet so their knees are higher than their hips. Make sure they are eating 5 portions of fruit and vegetables and drinking 6 water-based drinks every day to help prevent constipation.

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 help line on 0161 607 8219