

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