



**Bladder & Bowel UK**

Supporting people with bladder and bowel problems

part of Disabled Living



**Positive about  
Down syndrome**

# Toilet Rules



Now that I am nearly three  
I'm on a training programme  
And learning all about poo and wee

Formal toilet training should be introduced between the ages of 2 - 3 years. Once your child is in a routine of sitting on the potty/toilet then their nappy should be removed and replaced with washable trainer pants or ordinary underwear.

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](mailto:bbuk@disabledliving.co.uk) or telephone the help line on 0161 607 8219