



10 Sensory Strategies for Toileting & Potty Training Tips

YOUTUBE FREEBIE

Potty training and using the bathroom can be difficult for some children. Use these tips and tricks to help start potty training AND strategies to help make the bathroom more sensory friendly!

5 Strategies to Help Potty Train

1 MAKE SURE YOUR CHILD IS READY

Signs that your child is ready to potty train:

- They identify when their diaper is wet or soiled (and don't like it!)
- They try to hide somewhere when soiling their diaper
- They show interest in the toilet
- They show other signs of understanding their body - identifying hunger cues is a good sign

2 USE A VISUAL SCHEDULE

Use visuals to help your child know when to use the toilet.

Be sure to include drinking plenty of water on the schedule as well - if your child isn't drinking enough fluids, they won't need to 'go'!

Include the steps of using the toilet: pulling pants down, sitting (or standing), flushing, etc.

3 USE A SOCIAL STORY

Create a story with your child about what it feels like to use the bathroom, what the process looks and sounds like, and why it's an important routine.

You can also read different children's books on potty training to make it more relatable.

4 EMPATHY AND PATIENCE

Keep in mind that change is hard - potty training is a BIG change in routine and can be very difficult for some children.

Validate their feelings if they are struggling and take it slowly if needed.

5 BATHROOM MODIFICATIONS

- A stool for foot support
- A towel that is hung lower
- A faucet attachment for hand washing
- Toilet seat support



5 Strategies to Help Use the Bathroom

1 HEADPHONES

If your child struggles with auditory processing, the noises of a bathroom can be difficult, especially a public bathroom where everything echos.

Try noise-cancelling headphones or have your child use over-the-ear headphones to listen to music.

2 CHANGE THE LIGHTING

The lights in many bathrooms can be too bright.

Try different colored lightbulbs or a special night light.

Allow your child to wear sunglasses in the bathroom to help dim the bright lights.

3 ADD A HELPFUL OLFACTORY TOOL

Bathrooms can be smelly and if your child struggles with sensory processing, different smells may be super noxious!

Try using a special bathroom spray before using the bathroom.

You can create a scented bracelet with a scrunchy and essential oils, or place a drop on their shirt before entering a public restroom.

4 COVER THE AUTOMATIC FLUSHER

Keep sticky notes in your car and take them into the public restroom.

Place the sticky note over the sensor so it does not flush suddenly!

5 VESTIBULAR INPUT

Some research has shown a connection between vestibular input and interoception and the ability to successfully use the bathroom!

Include more vestibular activities into the daily routine:

- Swinging
- Rolling
- Somersaults

BONUS!

1 TOILET TRAINING TIPS

All Things Sensory Podcast Episode 191

https://harkla.co/blogs/podcast/191-toilet-training-tips-for-everyone-with-jessica-otr-l-from-rooted-in-routine?_pos=2&_sid=96b07a552&_ss=r

2 ALL THINGS POO

All Things Sensory Podcast Episode 41

https://harkla.co/blogs/podcast/41-all-things-poo-2-0?_pos=3&_sid=96b07a552&_ss=r

3 SKILL BREAKDOWN FOR TOILETING

All Things Sensory Podcast Episode 196

https://harkla.co/blogs/podcast/196-skill-breakdown-for-toileting?_pos=4&_sid=96b07a552&_ss=r

Want more help?!

[CHECK OUT OUR SENSORY DIET DIGITAL COURSE!](#)

- Why Sensory Diets are essential for sensory kiddos
- How to evaluate your child's specific sensory needs
- How to create & customize a Sensory Diet for your child
- Sensory Diet examples, ideas, and templates

<https://harkla.co/products/sensory-diet-course>