

TEACH TOILETING CONCEPTS THROUGH PLAY

Reasons to incorporate play into toilet training:

- Play can help to address any fear of bathrooms, flushing, voiding, etc.
- It adds a component of FUN to new routines.
- With play, it is easy to add a sensory component to address specific sensory needs.
- For therapy billing purposes, play addresses the functional skill of toileting in fun ways.
- Play is fun! It is intrinsically motivating to a child.
- Play offers opportunities to participate in the "just right" challenge, extending skills without overwhelming the child in the process.
- While sometimes play IS the goal of therapy, "play" can also be used as a medium to achieve goals such as toileting.
- Play is a valuable means of teaching new skills.

PLAY ACTIVITY CARDS:

Use these activities to guide toilet training in fun and playful ways!

Toilet Trails-

Make the walk to the bathroom a playful one! Try different animal walks such as a bear walk, a crab walk, a snake crawl.

Note: Animal walks can be done up to the door of the bathroom for safety and hygiene.

Toileting skill: Finding the bathroom



Drive to the Bathroom-

Try driving toy cars or trucks to the bathroom door (but not inside the bathroom).

Toileting skill: Finding the bathroom



THE OT TOOLBOX®

TEACH TOILET TRAINING CONCEPTS THROUGH PLAY PLAY ACTIVITY CARDS

Toilet Paper Roll Craft-

Turn an empty toilet paper roll into a puppet by drawing on eyes, nose and a mouth. Cut up pieces of toilet paper and stick on as hair.

Toileting skill: Familiarization with toileting equipment and manipulating toilet paper



Sponge Play-

Cut kitchen sponges into pieces. Fill a bowl with water and soak the sponges. Show the child how to squeeze out excess water. If the weather is nice, take the sponge play outdoors: Toss the wet sponges at a target or into a bucket.

Toileting skill: Teach concepts of wet and dry



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Take a Walk to the Toilet-

Try pushing the doll in a stroller to the bathroom.

Toileting skill: Finding the bathroom



Funny Faces-

Draw a face or picture onto a small piece of toilet paper. Place the paper into the toilet bowl. Flush.

Be sure to use only small pieces of toilet paper.

This could also be used as a target for boys practicing their aim while standing at the toilet.

Toileting skill: Flushing and the associated noise, Control of actions



Doll Play-

Choose a non-fabric doll to play out the steps of toileting. The doll can sit on a small cup as a potty. Use a sports water bottle to spray for "wee" and use some cocoa on the doll as "poo". Use real toilet paper to wipe away the "poo".

Toileting skill: Toileting sequence and wiping



Water Play in the Sink-

Half-fill the sink with water. Place some cups, a funnel, a jug, a flannel and a small doll. Try pouring water, bathing the doll, wiping the doll.

Toileting skills: Turning the tap on and off, Wiping and washing hands



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Simon Says-

Play Simon Says with an emphasis on actions and body parts.

Toileting skill: Teach concepts of body awareness



Silly Songs-

Make up songs to describe what is happening during different steps of the toileting process. Sing about how much soap to use and how long to wash the hands.

Toileting skill: Washing hands



Sticker Games-

Place a sticker on the back of a child's pants. Ask them to peel it off. This can be a silly and fun way to work on reaching and wiping that is needed for toilet training.

Toileting skills: Wiping and clothing management



Bathroom I Spy-

While sitting and waiting in the bathroom, play a game of "I Spy" to encourage awareness of items such as hand towels, toilet paper, hot water, cold water, etc.

Toileting skills: Awareness of toileting equipment, Learning to sit and wait



Bathroom Basket-

Fill a small basket with bathroom-only toys and books for looking at while sitting on the potty.

Toileting skill: Learning to sit and wait



Potty Stories-

Make up stories about favorite television characters who need to use the restroom. Tell a story that describes how that character walks into the bathroom, etc.

Toileting skill: Understanding the steps of the toilet training process





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