



# TINY STEPS BIG CHANGES

This information sheet works along side the training course 'Toilet Training – Tiny Steps to Big Changes'.  
For more information: ☎ 0300 131 0111 ✉ [provide.askus@nhs.net](mailto:provide.askus@nhs.net)

Toileting can be broken down in to tiny steps. You can look at these steps on the following page and hopefully realise that the child has already achieved some of them, which is great news.

The next time you need the toilet, take some time to think through the process of what you do when you get a bladder sensation to pass urine - you either put it off or you take yourself to the toilet. The following page demonstrates the tiny steps to illustrate the break-down of one trip to the toilet, you may be able to add more or tick off the ones that the child has already achieved.

It appears very complex, but we do it without thinking. Therefore, getting the child to do this is what we need to take into consideration when planning.

PLEASE SEE THE CHART OVERLEAF >>>





## Tiny Steps

NAME OF CHILD:

NHS NO:

- |    |  |                              |                             |
|----|--|------------------------------|-----------------------------|
| 1  | Go in to the bathroom, (take the child by the hand and say eg 'Sam toilet wee' or 'Sam toilet poo poo) | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 2  | Turn the light on  | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 3  | Put the toilet seat down or up   | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 4  | Get into the right position, either standing and facing the toilet or ready to sit down                | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 5  | Adjust your clothing   | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 6  | Sit down if that's your next action  | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 7  | Relax and focus on passing a stool   | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 8  | Then there's getting the toilet paper  | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 9  | Folding it or crunching it   | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 10 | Wiping the appropriate area  | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 11 | Dropping the tissue paper into the toilet  | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 12 | Repeat steps 10 and 11 again if necessary  | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 13 | Getting off the toilet   | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 14 | Re-adjusting clothing  | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 15 | Flushing the toilet  | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 16 | Walking to the sink  | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 17 | Turn tap on  | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 18 | Put soap on hands  | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 19 | Rub soap in  | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 20 | Wash soap off  | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 21 | Turn off tap   | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 22 | Walk to towel  | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 23 | Dry hands  | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 24 | Hang towel back up   | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 25 | Walk to door   | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 26 | Turn off light   | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 27 | Leave bathroom   | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 28 | Shut door  | YES <input type="checkbox"/> | NO <input type="checkbox"/> |



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