

TOILETING VISUAL SCHEDULE



Visual schedules are a great way to help children become more independent in using the potty or toilet. Sequencing multiple steps of an activity can be a challenge for children with communication difficulties, therefore visual schedules help to display these in a clear way. The below schedules provide each step of the sequence needed for using a toilet, starting from undressing and going through to washing hands.

There are different variations of visual schedules below for both using the toilet and the potty. Print off the schedule that is the best match to your child's routine and cut around the outlines. If you would like to adapt the schedule to include less steps, then you can cut each image out and create your own personalised strip to meet your child's needs.

Top tips for using visual schedules:

1. Consider the child's understanding of language. If they have difficulties in understanding or sequencing lots of information, it may be a good idea to keep the number of steps to a smaller amount initially.
2. Talk through schedule BEFORE using the toilet, pointing to each image as you describe each step.
3. Display the visual somewhere which is easily accessible and in clear view e.g. on the bathroom wall, door or on a shelf near the toilet.
4. Point to each step as the child moves through each one. Some individuals may find it useful to move something along the symbols as they complete each step e.g. a photo of their face, a symbol of a person or a 'tick'.
5. Be consistent- it can take several repetitions of using the visuals alongside spoken language to help a child understand what they mean, particularly if they have communication difficulties. Use the schedules each time they use the toilet or potty.

INSTRUCTIONS

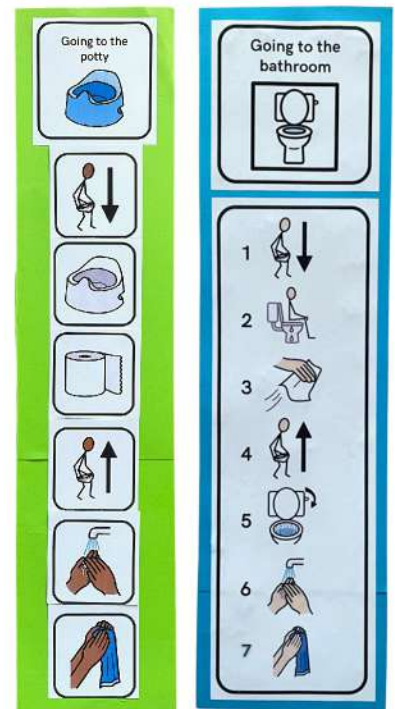
You can use our ready made visual schedule strips (pages 4-5) or create a personalised schedule which is more relevant to the child's routine and needs.

Creating a personalised schedule

- Print the symbols from this pack out in either A4 or A3 size. Some children may find it easier to follow a schedule with larger images and text.
- Chose a heading for your schedule and cut out the most appropriate image from page 3.
- Think about the most important steps you need to include in the schedule and cut out around the outline of the images from pages 6-8. You may not need to include every detail if your child is already doing those steps independently.



- Lay out the symbols in a clear and easy to follow way. It is much easier to follow a sequence of information that moves from the top to the bottom of a page or left to right rather than both directions (e.g. going from left to right and then down to a new line).
- Stick the images onto card. It doesn't matter which colour however choosing a bright colour may draw the child's attention to the schedule more.
- You can add a simple phrase under each symbol to describe what is happening e.g. "Pull pants up", "Flush toilet" and "Wash hands" etc for older children. Text has not been added to the symbols in this pack so that they do not distract from the image, however some children may find text beneficial.



HEADINGS FOR VISUAL SCHEDULES

Going to the
potty



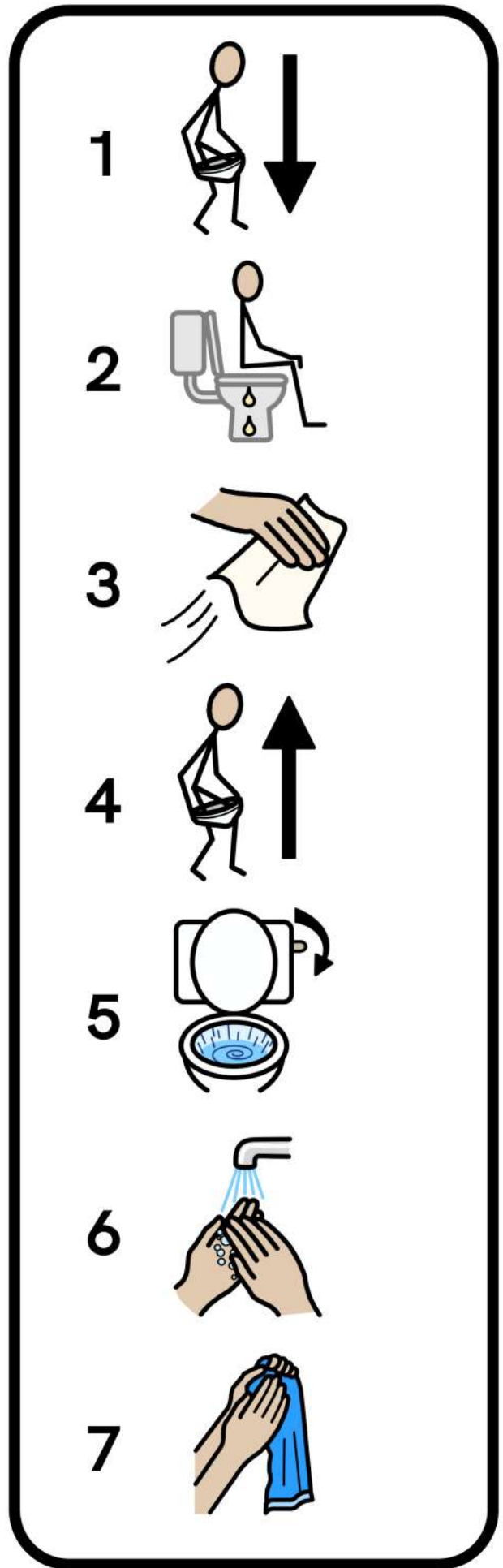
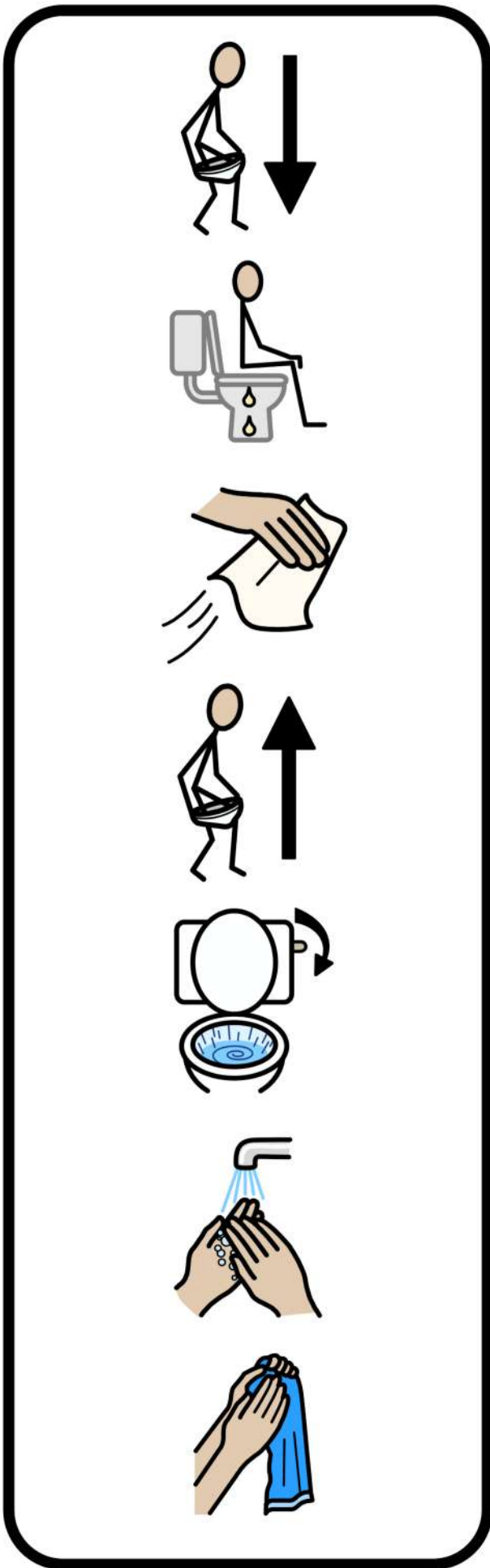
Going to the
toilet



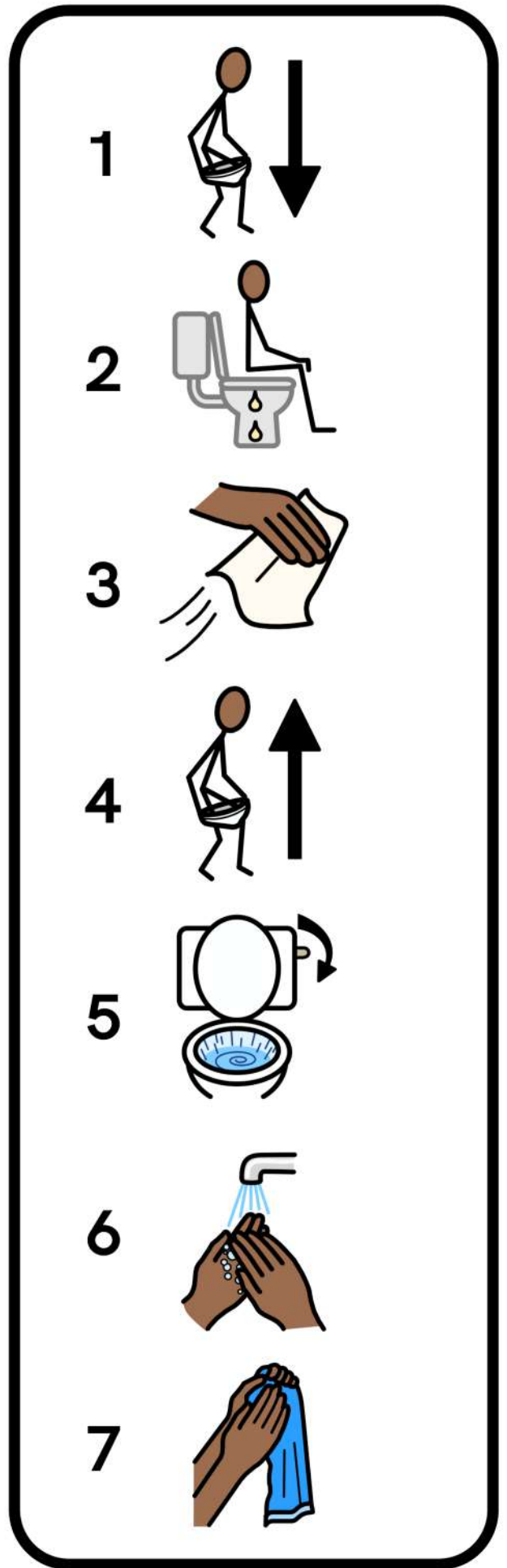
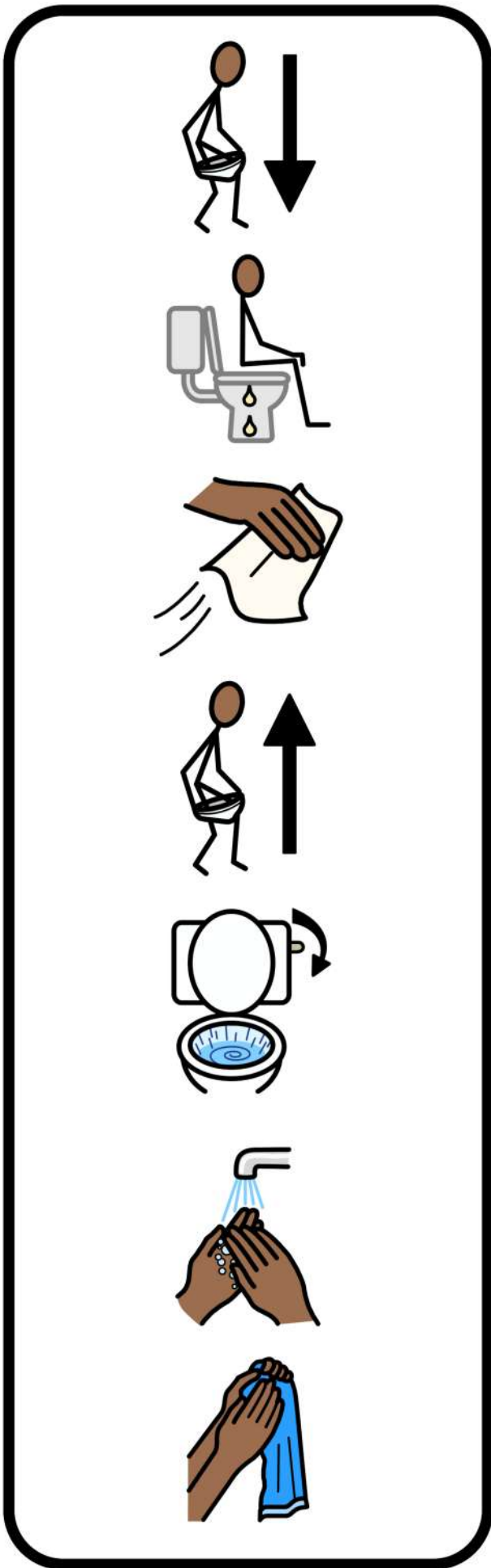
Going to the
bathroom



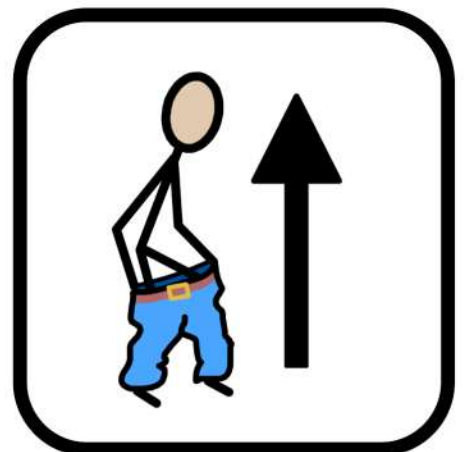
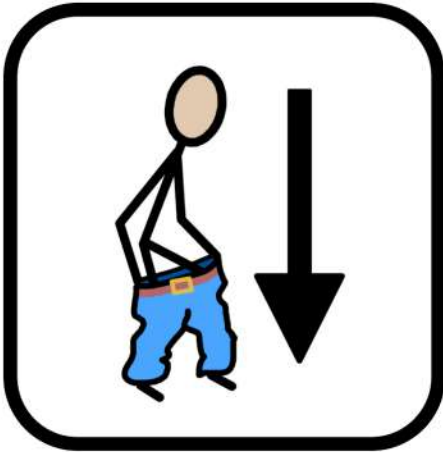
GOING TO THE TOILET VISUAL SCHEDULE STIPS



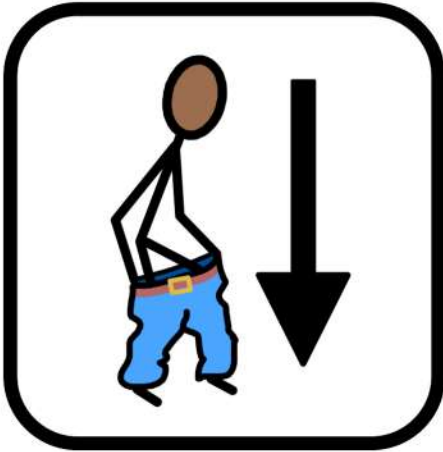
GOING TO THE TOILET VISUAL SCHEDULE STIPS



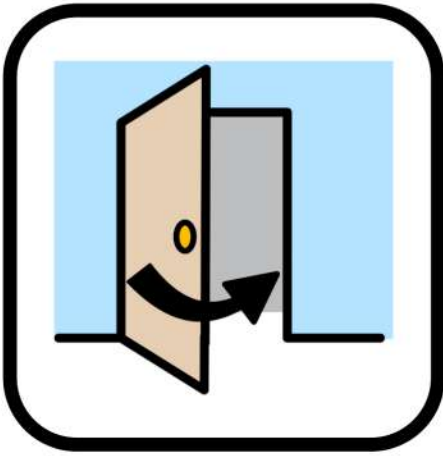
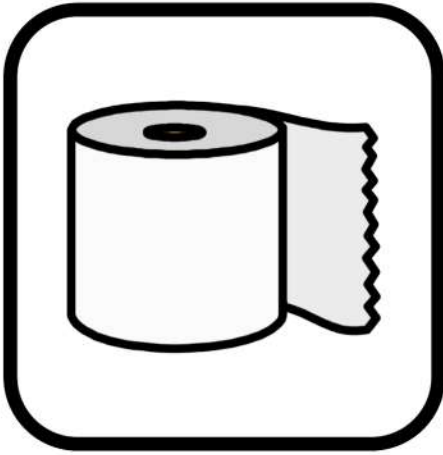
VISUALS FOR CREATING A PERSONALISED SCHEDULE



VISUALS FOR CREATING A PERSONALISED SCHEDULE



ADDITIONAL VISUALS FOR CREATING A PERSONALISED SCHEDULE



TERMS OF USE

This free resource was created by speech and language therapist, Laura Black from April Cottage Therapies on behalf of ERIC, the children's bowel and bladder charity. You have been granted permission for **individual, personal use by you and /or individuals you live with or care for only**.

You are **not permitted** to edit, share, sell or claim this resource as your own (either in printed or digital form). You are **not permitted** to share host this resource online or on a shared server in any form.

You **are** permitted to print and use this resource for individual use at home or in your work environment.

You may save this file on your own personal computer or in a work computer in a file which is only accessible by you.

ACKNOWLEDGEMENTS

The communication symbols used in this resource were created by Widgit Software

WIDGIT SYMBOLS © WIDGIT SOFTWARE 2002-2022 WWW.WIDGIT.COM