

Occupational Therapy Services for **Toileting Training**



Children receive occupational therapy services to help them learn how to use the toilet. Occupational therapy services can help families understand when children show signs that they are ready to start working on toileting and work with children who aren't potty trained or have toileting accidents.

Occupational therapy practitioners work with children to help them:

- Recognize when they need to use the toilet
- Use the toilet on a regular schedule
- Sit comfortably on the toilet
- Manage fears or anxieties about using the toilet
- Use public restrooms
- Stay dry through the night
- Prevent straining for bowel movements
- Wipe themselves
- Wash their hands and manage clothing after using the toilet

What You Can Do



Ask yourself if your child needs help with potty training or preventing accidents



Ask your child's pediatrician for occupational therapy services

Reference: Gronski, M., & Doherty, M. (2020). Interventions within the scope of occupational therapy practice to improve activities of daily living, rest, and sleep for children ages 0–5 years and their families: A systematic review. *American Journal of Occupational Therapy*, 74, 7402180010. <https://doi.org/10.5014/ajot.2020.039545>