

Author: Lorraine MacAlister  
Organisation: National Autistic Society  
Date of publication:



Where Autism  
Professionals Connect

Exclusively sponsored by:



## Top 5 tips for autism professionals: toileting

1. Look at the autism and the related difficulties in the individual child.
2. Assess whether there any specific continence problems with the bowel or bladder.
3. Use clear and consistent language – make a decision about which words you are going to use for everything related to toileting.
4. Start as early as you can; preparation is key.
5. Be positive about toileting, use positive language, do not blame a child for continence difficulties beyond their control.

These top 5 tips are meant only as a very general guide to what to think about. You can find further information about toileting via the below links:

### PromoCon

They provide a national service, including a confidential helpline, working as part of Disabled Living, Manchester to improve the life for all people with bladder or bowel problems by offering product information, advice and practical solutions to both professionals and the general public.

Web: [www.promocon.co.uk](http://www.promocon.co.uk)  
Helpline: 0161 834 2001 (open Monday to Friday, 9 - 4)



### ERIC

The UK's leading childhood continence charity. They provide information and support on childhood bedwetting, daytime wetting, constipation and soiling to children, young people, parents and professionals. They offer a confidential helpline and have an on-line shop where you can buy a wide array of continence products.

Web: [www.eric.org.uk](http://www.eric.org.uk)  
Helpline: 0845 370 8008 (open Mon & Wed, 9.30 - 4.30)



*Copyright: When reproducing this document, you must fully acknowledge the author of the document as shown at the top of the page. Please see Network Autism Terms and Conditions for details.*

Author: Lorraine MacAlister  
Organisation: National Autistic Society  
Date of publication:

### **One step at a time**

This booklet and set of tip sheets is for parents of a child with special needs. It guides parents through the process of developing toileting skills and toilet training. Also has an accompanying app.

<http://www.continencevictoria.org.au/one-step-at-a-time/>

### **Visual Aids for Learning**

This website has a range of free downloadable symbols on toileting.

[www.visualaidsforlearning.com](http://www.visualaidsforlearning.com)

### **Good Practice Guidelines**

[NICE Guidelines on Constipation in children and young people](#)

[NICE Guidelines on Nocturnal Enuresis, The management of bedwetting in children and young people](#)

[Including me – managing complex health needs in schools and early years settings \(Council for Disabled Children\)](#)

[DOH exemplar on Continence issues for a child with learning disabilities](#)