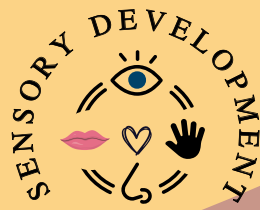




Collaboration with North Carolina Early Learning Sensory Support Program

TOILETING



SUPPORTING EXPLORATION AND SENSORY DEVELOPMENT

Children with vision impairments learn best through hands-on experiences. Touching, moving, listening, and interacting with objects and people helps build their understanding of how things work and connect. Everyday routines—like snack time, feeding the pets, or putting groceries away—offer consistent, familiar moments to explore, communicate, and make sense of the world around them.

Prepare your child by telling them what you are going to do **before** you do it.



PREPARE THE ENVIRONMENT

- Notice and adjust room lighting and sound.
- Provide wait time for your child to respond.
- Remember to think about using your child’s best visual field and positioning.
- Think about opportunities to use visual contrast.

WHAT TO SAY

WHAT TO TRY

“You need to use the bathroom. Let’s go.”

Help your child move to the bathroom.

“Pull down your pants, sit on the potty. It is behind you.”

Support your child as needed with this.

“You went potty! Let’s flush and hear the whoosh sound.”

Use hand under hand to help your child flush the toilet.

“Now we wash our hands. Smell the soap, it’s nice.”

Use hand under hand to help your child get some soap.

“Dry your hands off. Here is the soft towel.”

Put the towel in your child’s vision for them.

“You’re all done in the bathroom. Turn off the lights.”

Support your child with turning off the lights.



WHAT TO TEACH

WHAT TO WATCH FOR

- Dirty/clean
- Smells
- Textures
- Handwashing
- Bathroom objects
- Bathroom locations
- Bathroom sounds

- Becoming very still and relaxed
- Breathing changes
- Moving, reaching, pointing
- Making or imitating sounds or words
- Widening eyes, making eye contact, smiling



End toileting the **same** way each time so your child learns when they are done.



Family, Infant and Preschool Program of the J. Iverson Riddle Developmental Center

© 2025, FIPP. All rights reserved. www.FIPP.org



NC DEPARTMENT OF HEALTH AND HUMAN SERVICES