

# GOING TO THE TOILET SOCIAL SCRIPT

## What are social scripts?

Social scripts are a communication strategy to help support children's understanding of events, social situations and more. They help describe what to do and promote independence. They are always positive and avoid placing blame on an individual.

## Why use a social script for toileting?

Children with communication difficulties may benefit from support in understanding how and why we use a toilet. Some children may also find it difficult to transition between using nappies or the potty to going to the toilet. Social scripts can provide a positive and clear way of describing the event of going to the toilet, reducing frustrations and supporting the child's understanding.

## Top tips for using social scripts:

- The best social scripts are those which are personalised for the needs of each individual child, therefore while the example below provides a good example of a social script, you may wish to create your own with information which is more specific or relevant. Some words have been left blank below for you to complete using language which is specific to your child e.g. on page 3, you can add words like 'trousers/leggings/knickers/pants' to the blank space depending on the language you normally use with your child. You can also replace any of the images by sticking photos of your child on top.
- Initially, read through the social script with your child **before** the event of going to the toilet, when they are relaxed and happy.
- Be repetitive: read and re-read through the social script regularly, not just when a problem has arisen (e.g. a toileting accident). Children with communication difficulties will benefit from repetition in order to fully learn and understand the social script.

# GOING TO THE TOILET

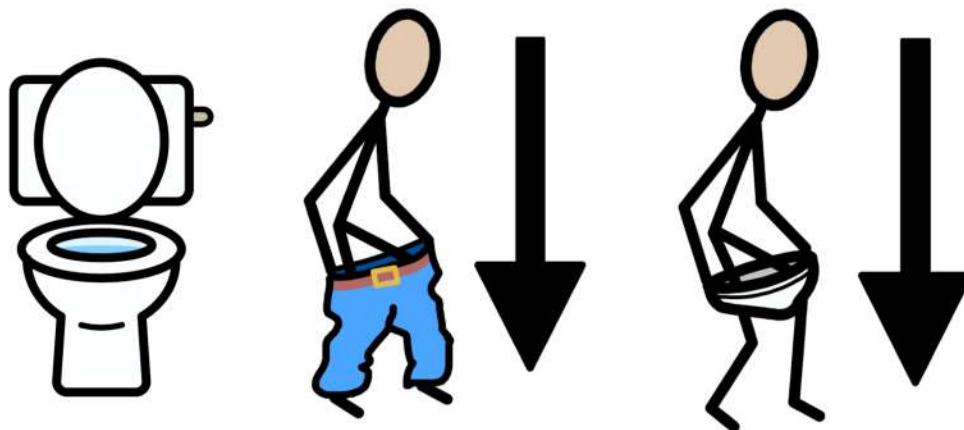


**Sometimes I need to pee or poo. My body gets a feeling and lets me know I need to go to the toilet.**

(INSERT A PHOTO OF YOUR CHILD PLAYING OR SITTING AT AN ACTIVITY)



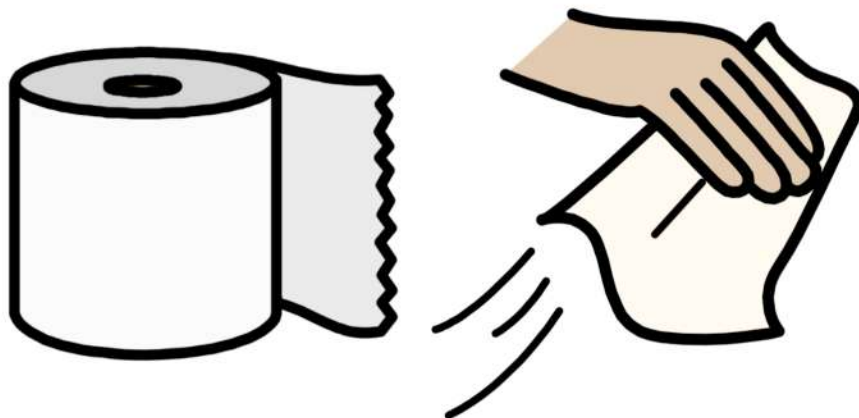
When I need to pee or poo, I go to the toilet  
and push down my -----



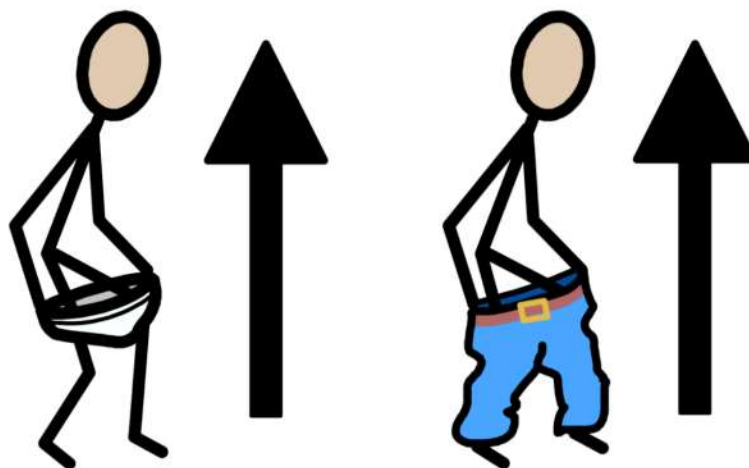
I sit on the toilet and do a pee or poo



I get toilet roll, tear some off and wipe my bottom to make it clean



I stand up and pull up my ----- again



**I wash my hands with soap and water to make them clean**



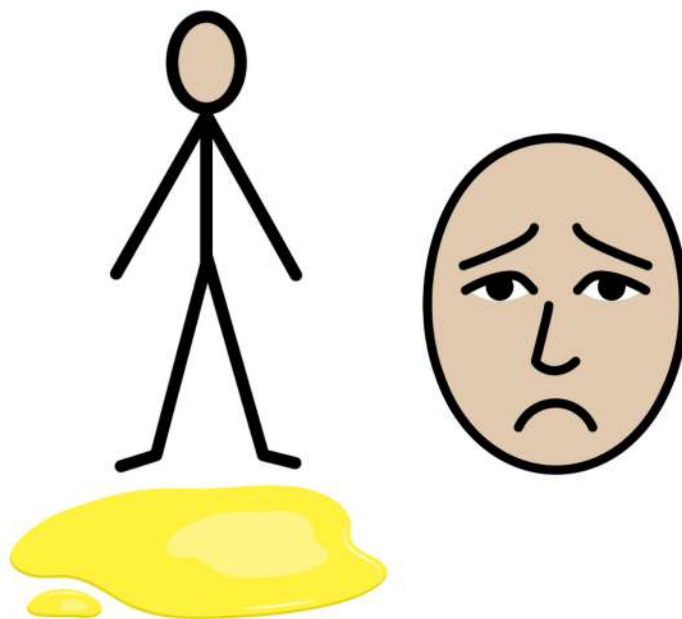
**I use a towel to dry my hands**



**When I use the toilet I stay dry and clean and that makes me happy!**



**Sometimes I don't get to the toilet in time and I have an accident. That can make me sad**



**Having accidents are just part of learning. I  
can keep practising using the toilet**



**I can use the toilet. That makes me feel happy  
and proud!**



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# ACKNOWLEDGEMENTS

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

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