

**Our Vision**  
Transforming children's lives

**Our Mission**  
To help children flourish through  
therapy and family support

#### Accessing our services

Families can contact us directly to access most of our therapy services. A referral from a doctor or other allied health professional is not required for our private services, but families need to meet eligibility requirements to access government funded programs.

#### Cost of services

The cost of service depends on the funding source, length and type of service required. Some therapy services can be partially claimed through Medicare if a referral for a GP / Team Care Arrangements Plan is made by a GP. Private health rebates may also apply. As a charitable organisation, the cost of Kids Are Kids! services are subsidised to be affordable for all families.

#### Payments and cancellations

Payment is required at the time of the service. Payment for assessments is required at the first assessment appointment. The assessment report will be released once full payment has been made. We require 24 hours notice for cancellation or rescheduling of appointments otherwise a 50% fee may apply.

#### Enquiries and appointments

We understand that the health system can be complex and we support families to understand which programs and services you may be eligible to receive. For further details about any of our programs or to discuss your child's difficulties and needs please contact us.

## REACHING POTENTIAL TOGETHER

The Kids Are Kids! team is passionate about helping children and families.

Our dedicated team of qualified therapy professionals provide specialist therapy services including:



- Speech Pathology
- Occupational Therapy
- Physiotherapy
- Clinical Psychology
- Parent Workshops & Support

Kids Are Kids! is registered to provide supports for National Disability Insurance Scheme participants



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t: (08) 9313 6566  
f: (08) 9313 5566



e: [info@kidsarekids.org.au](mailto:info@kidsarekids.org.au)

## Toilet Training

[www.kidsarekids.org.au](http://www.kidsarekids.org.au)

**KIDS ARE KIDS!**  
THERAPY & EDUCATION CENTRE INC.



### An introduction to toilet training

For many parents, toilet training is viewed as a challenge. This is particularly true for families with a child with special needs and many families put off toilet training or believe it is not possible to train their special needs child.

Given the right kind of help, all children can learn to manage going to the toilet on their own, or with some assistance. This is very important for their independence as they grow.

Learning to use the toilet is a big milestone and presents motor, cognitive, language and sensory challenges. Whilst every child's needs are different, there are simple things that you are probably already doing that lay the foundations for toilet training.

Try to ensure that your child :

- Eats well – Eat a wide variety of foods, particularly fruit, vegetable and wholemeal breads and cereals. This provides a variety of vitamins and minerals as well as preventing constipation
- Drinks well – Encourage your child to drink lots of water-based drinks throughout the day. This ensures that their bladder fills and empties regularly. Your child becomes familiar with the feeling of having a full bladder, as well as preventing constipation

- Moves everyday – Regular exercise keeps the bowels working so that a poo is passed every day or so

There are lots of things that you can do to prepare for toilet training in a relaxed way:

- Change your child's nappy near the toilet so they connect wee / poo with the toilet
- Adopt an open door approach, so your child can watch you and other family members use the toilet. Show them and explain that this is where the poo / wee goes



#### Family Centred Approach

We are a family-centred practice, meaning that families are an integral part of the intervention team, and work with therapists to develop their child's skills together. This approach recognises the expertise of the family who knows their child's needs the best. The family and therapy team work together to set goals based on the family's objectives.

- Decide on the words that your family will use for wee and poo. Ensure that everyone (childcare, school, grandparents) use these words with your child so there is no confusion. Use these words when changing your child's nappy, e.g. "good girl you've done a poo"
- Learn about wet and dry; talk about the difference between wet and dry when changing your child's nappy, washing hands or having a bath, e.g. "Your hands are wet. Let's rub them with this towel. Now they are dry"

#### How Kids Are Kids! can help

- Our multi-disciplinary team can support you with communication, mobility, sensory and behavioural strategies
- We can identify equipment that may help (should we start with a potty?). We can work with you to identify how the environment can be set up to meet your child's needs.
- We can work with you to ensure consistency across all the settings that your child uses (home, school, childcare, carers)
- We can work with you to identify fun ways for your child to 'relax' and to ensure using the toilet is a positive experience
- We can provide a referral to specialist continence services, such as Pebbles