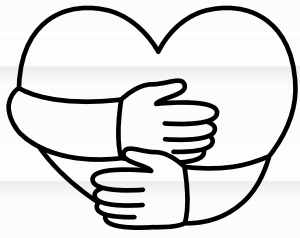


Supporting Personal Care Needs at Home: A Guide for Parents and Carers

Resources and tools for parents and
carers when supporting their children
with personal care needs



NHS - A guide to toileting:

A useful website that provides clear information on how to support children through the typical stages of toilet training.

<https://cambspborochildrenshealth.nhs.uk/peeing-pooing-and-toileting/a-guide-to-toileting/>



ERIC -The Children's Bowel and Bladder Charity:

This National charity website provides parents/carers with useful and inclusive information and guidance on how to toilet train all children at home, sharing specific information around SEND and toilet anxiety.

<https://eric.org.uk/>



BBC Tiny Happy People:

A useful website that features potty training advice and useful information for parents including helpful potty-training tips.

<https://www.bbc.co.uk/tiny-happy-people/articles/zhqts82>



National Autistic Society:

A useful guide for parents with autistic children who require further support and guidance on toilet training and self-care.

<https://www.autism.org.uk/what-we-do/autism-know-how/training/training-to-enhance-your-autism-knowledge-and-prac/autism-continence>



Wolverhampton Special Needs Early Years Service:

Various guides and advice can be downloaded from the SNEYS WVES page. Document to refer to is 'Toileting Guidance'.

<https://www.wves.wolverhampton.gov.uk/Services/6842>



NHS GGC : Self-Care:

An informative website that shares a range of self-care resources on dressing, eating meals, going to the toilet, looking after my body and sleep.

<https://www.nhsggc.org.uk/kids/life-skills/self-care/>



Do2Learn : Picture Cards:

A range of picture cards that can be used to support the development of independent self-care skills including washing, toothbrushing, dressing, eating and grooming.

<https://do2learn.com/picturecards/DailyLivingSkills/index.htm>



**A Practical Approach at Home for Parents and Carers:
Life Skills for Little Ones:**

This Falkirk guide for parents and carers shares a variety of hints, tips and ideas that can be slotted into busy family life, including a range of personal care strategies that can be used at home to develop independent life skills.

<https://www.nhsggc.org.uk/media/2068/life-skills-for-little-ones.pdf>



If you would like further information or support, then please contact the Educational Psychology Service on 01902 550609 or email inclusionsupportadmin@wolverhampton.gov.uk, visit the SEND Early Identification and Support Services website: <https://www.wolverhampton.gov.uk/education-and-schools/send-early>