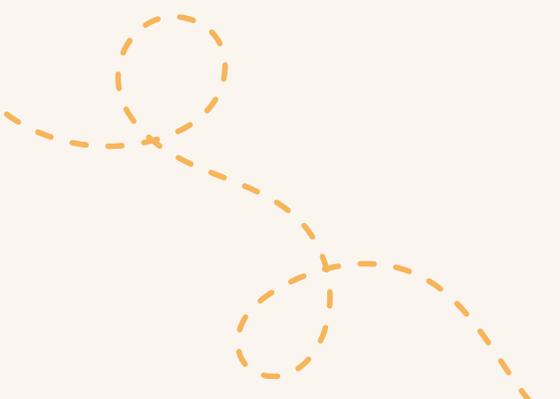


# Toilet Training Visual Guide

Step-by-step visual supports for children who need  
extra clarity

Designed for children with ADHD, strong-willed temperaments, or those who benefit from  
visual structure.



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# How to Use These Visual Cards

These visual cards are designed to reduce overwhelm and make toilet training more predictable.

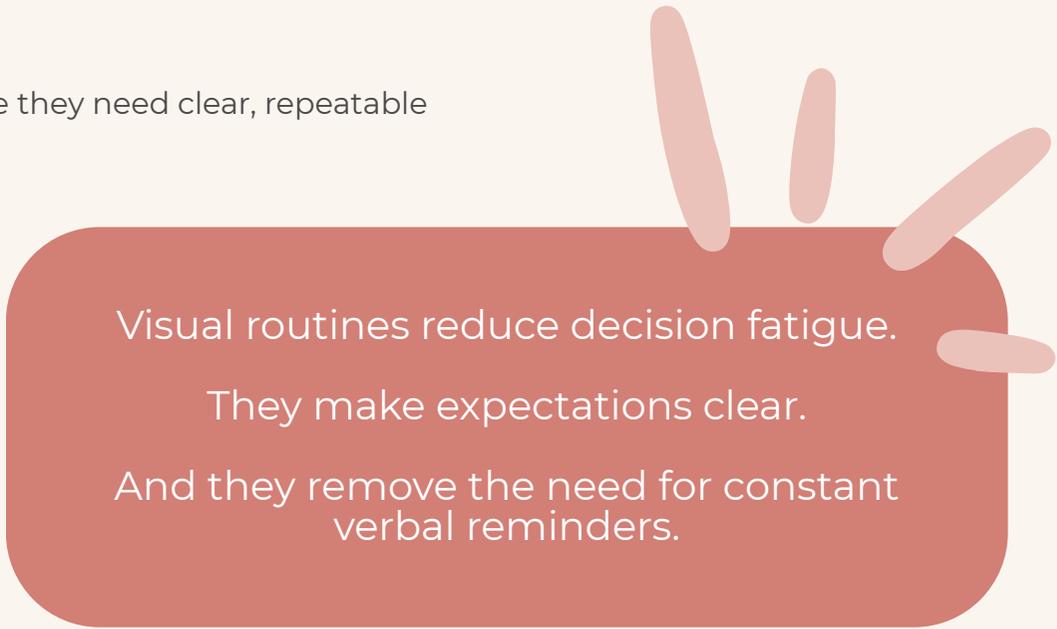
Some children struggle not because they “won’t,” but because they need clear, repeatable structure.

You can:

- Print and laminate the cards
- Place them near the toilet at eye level
- Walk through the steps together at first
- Gradually step back as confidence builds

There is no perfect timeline.

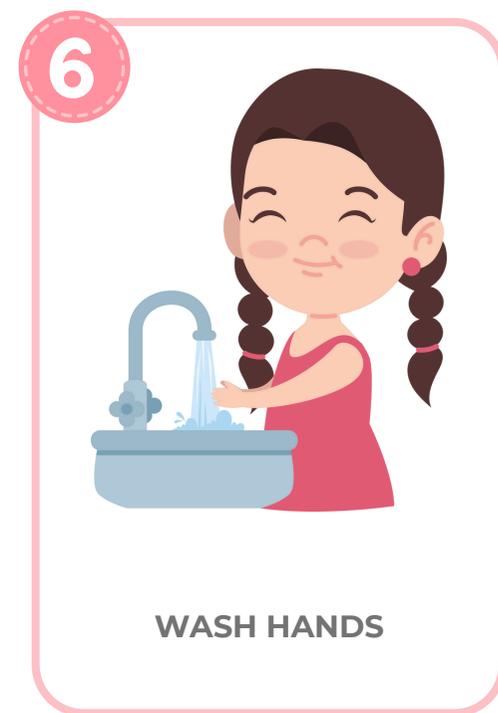
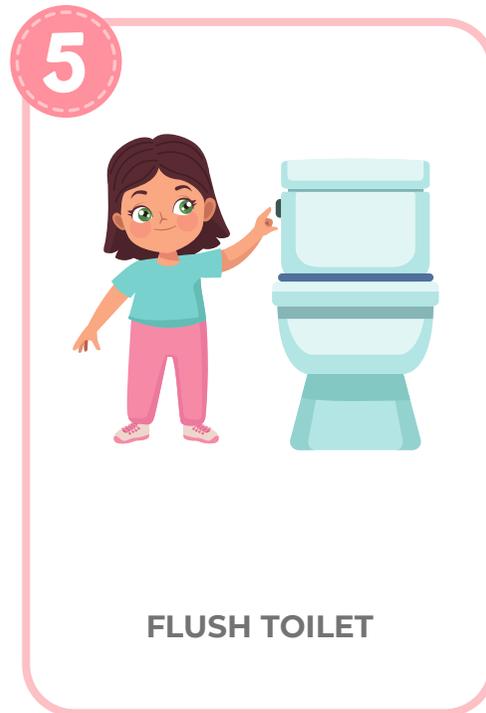
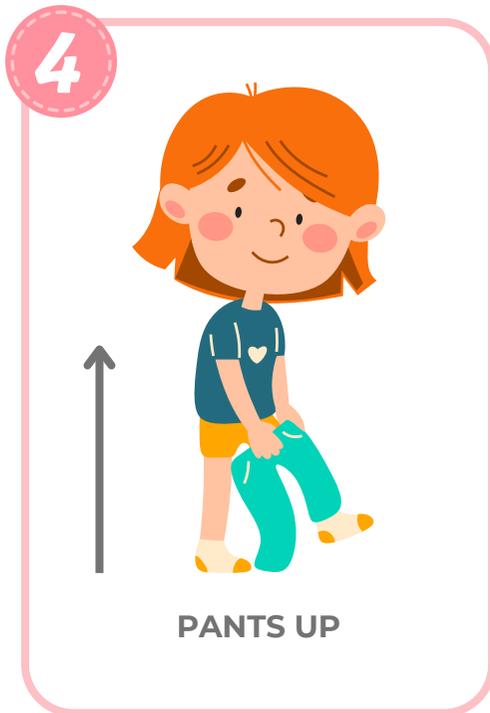
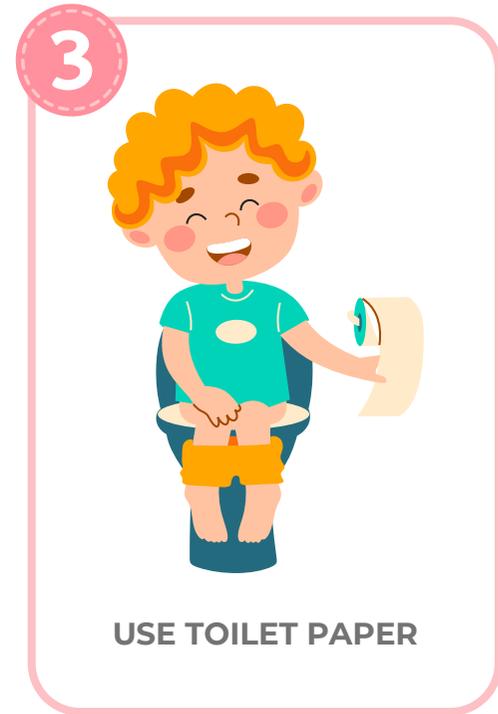
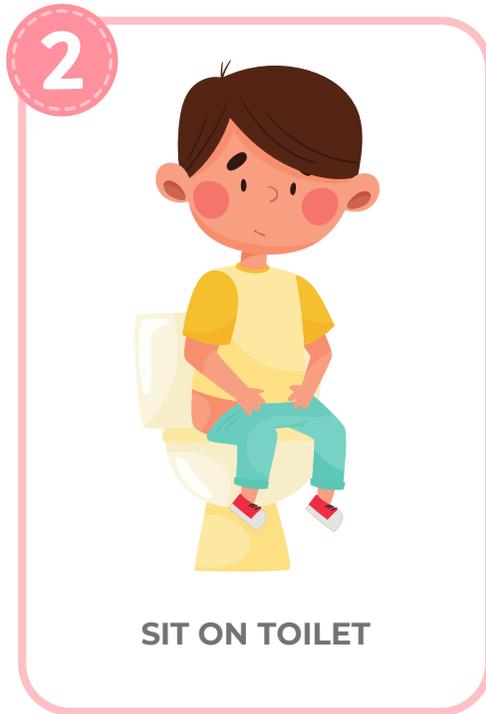
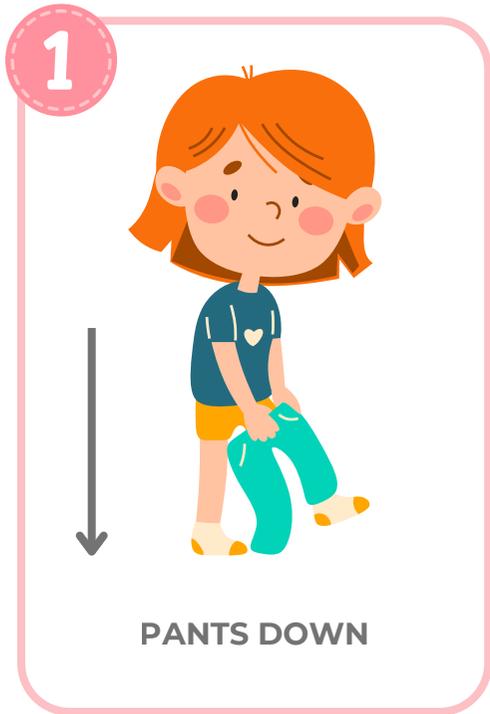
Consistency and calm matter more than speed.

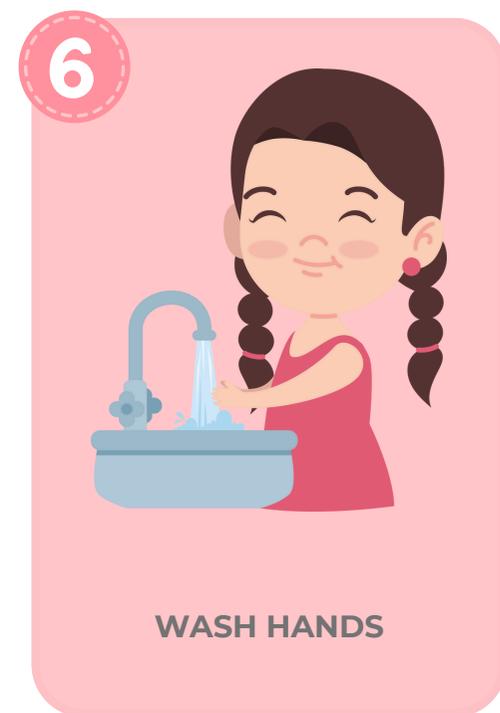
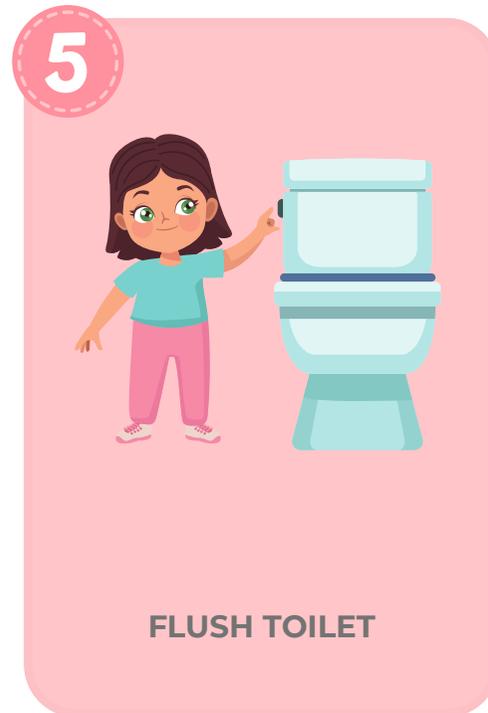
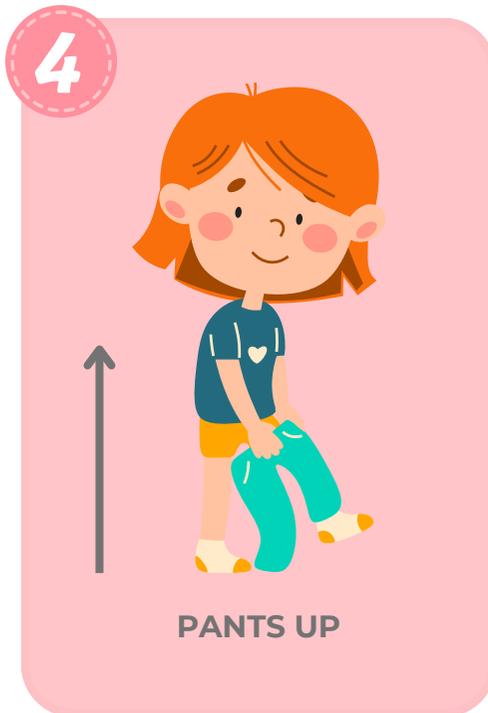
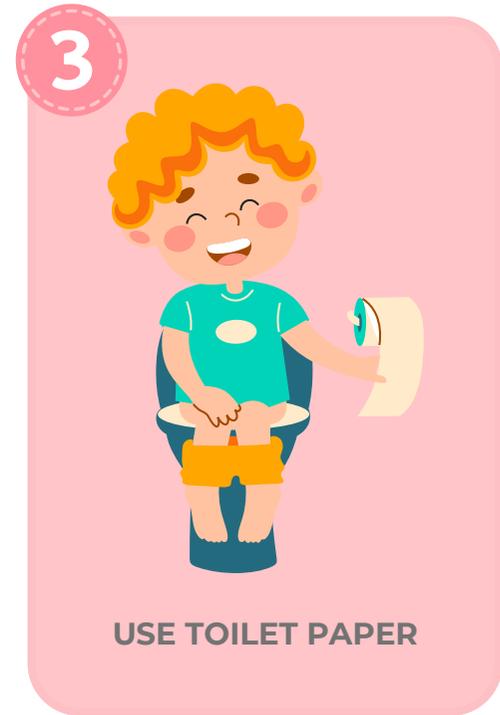
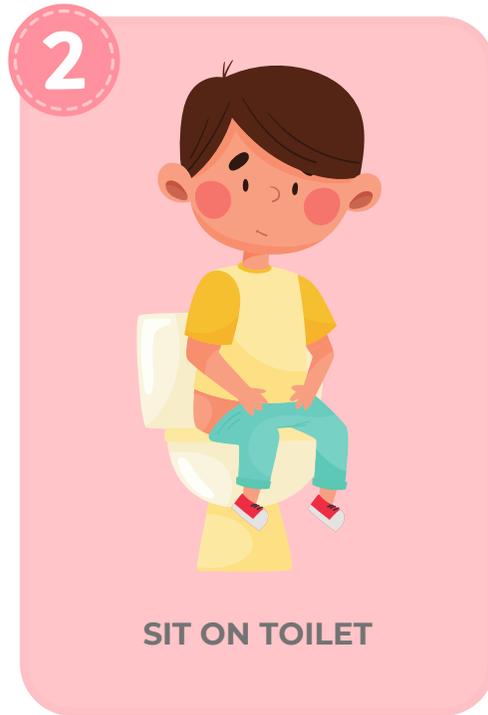
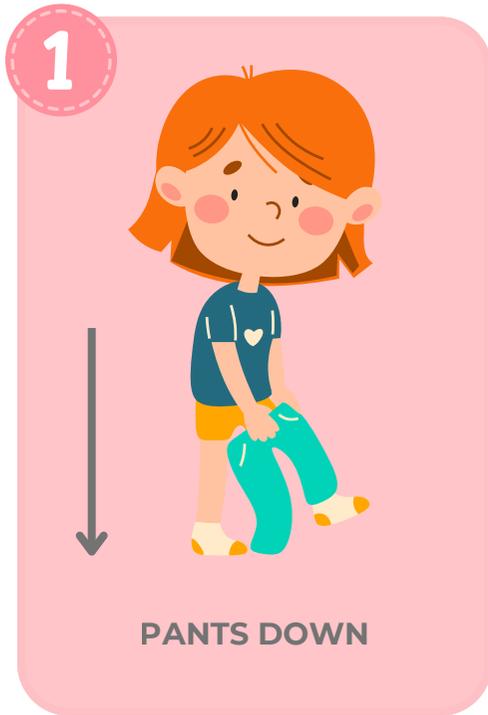


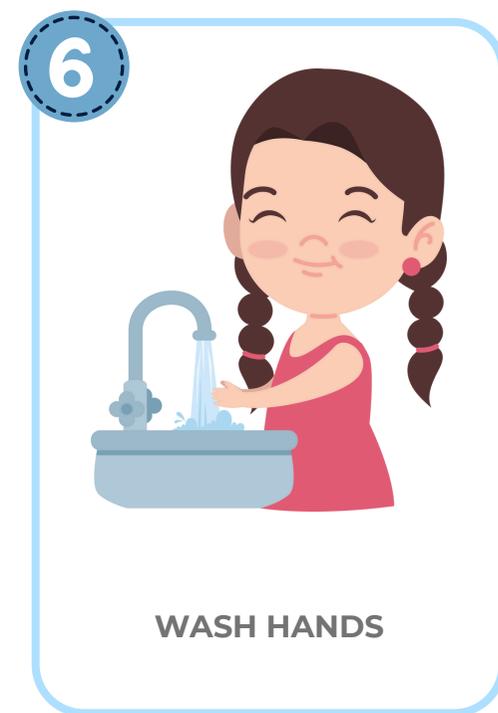
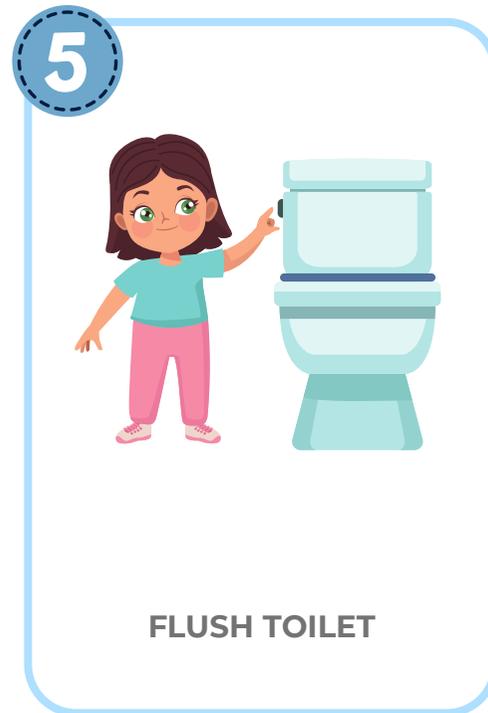
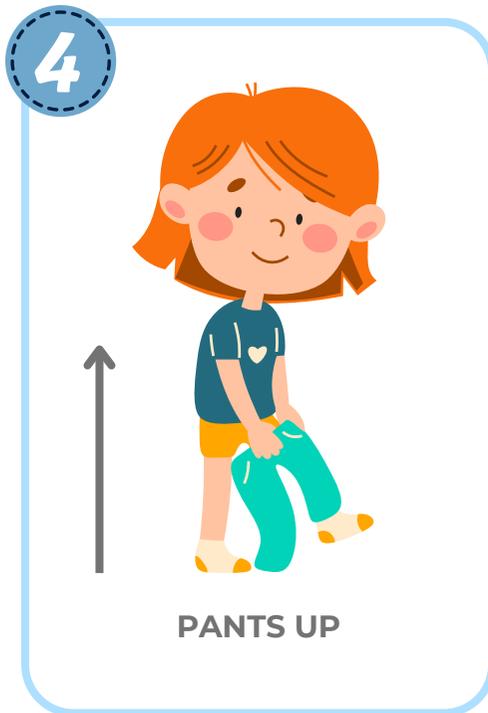
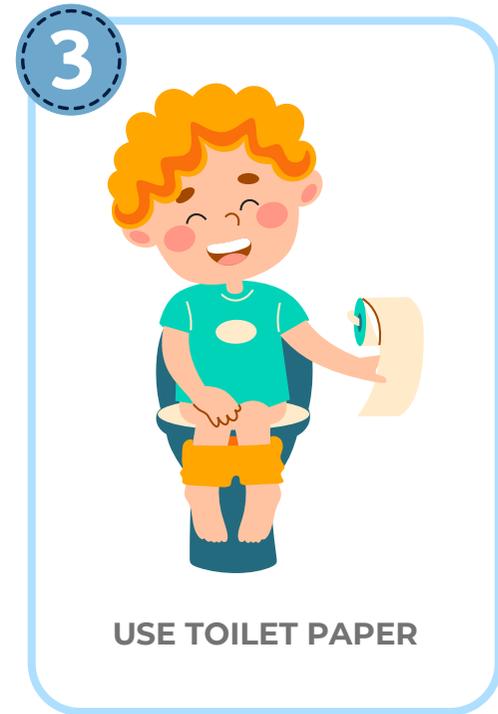
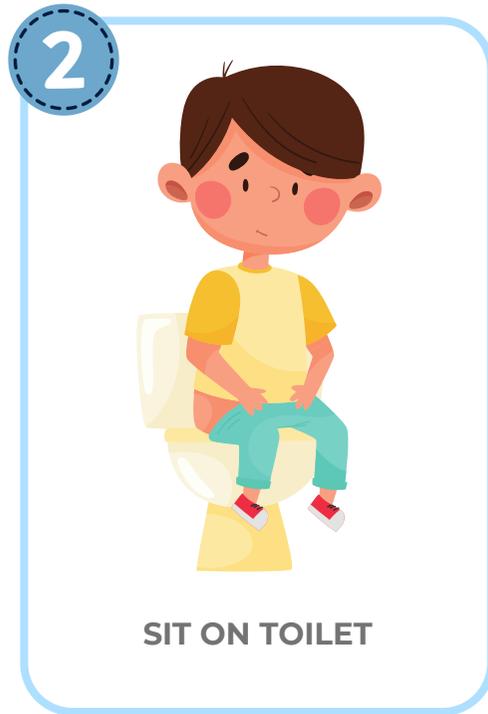
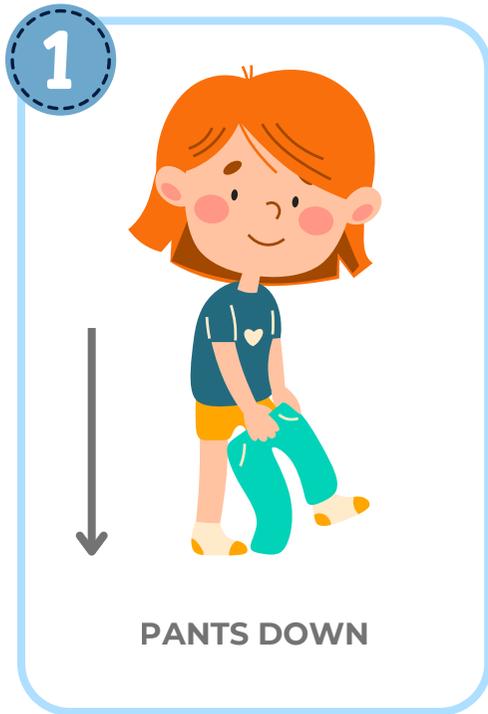
Visual routines reduce decision fatigue.

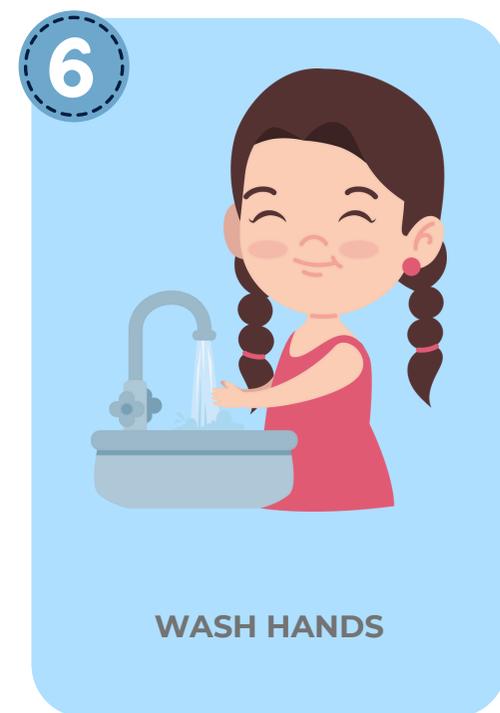
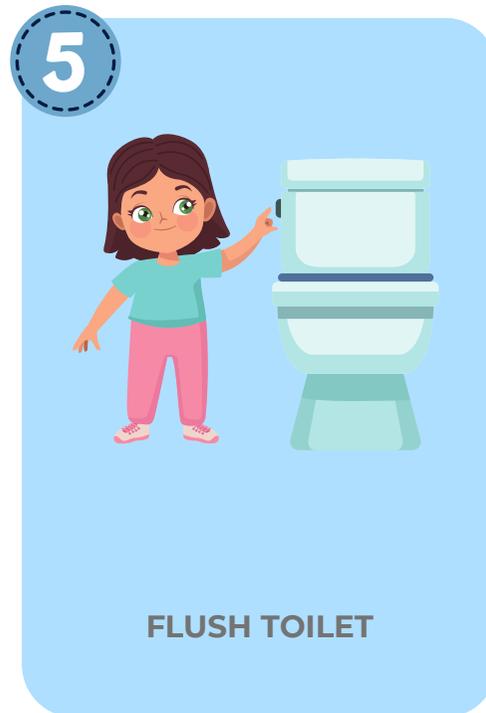
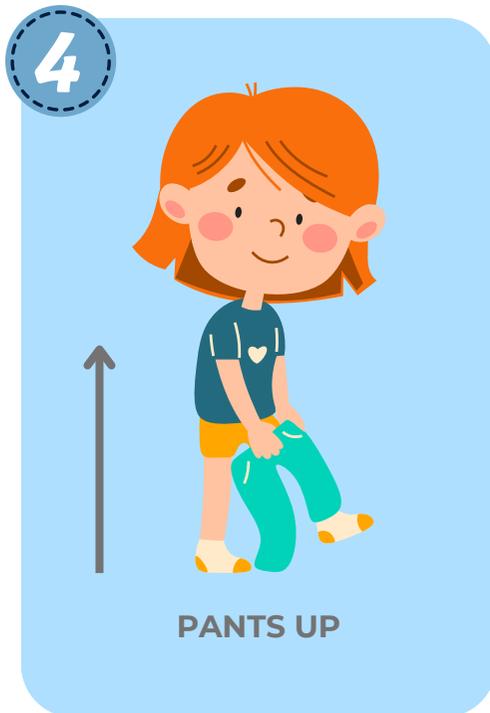
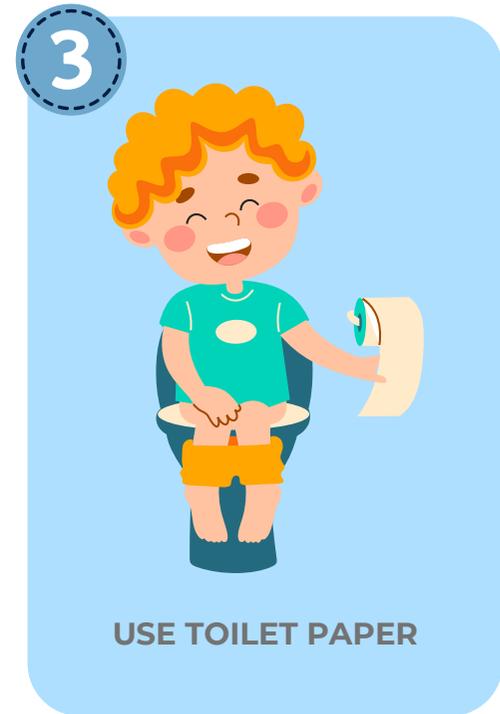
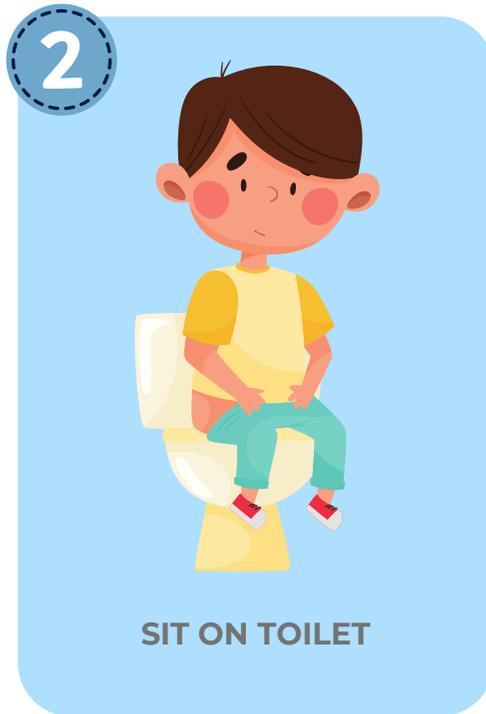
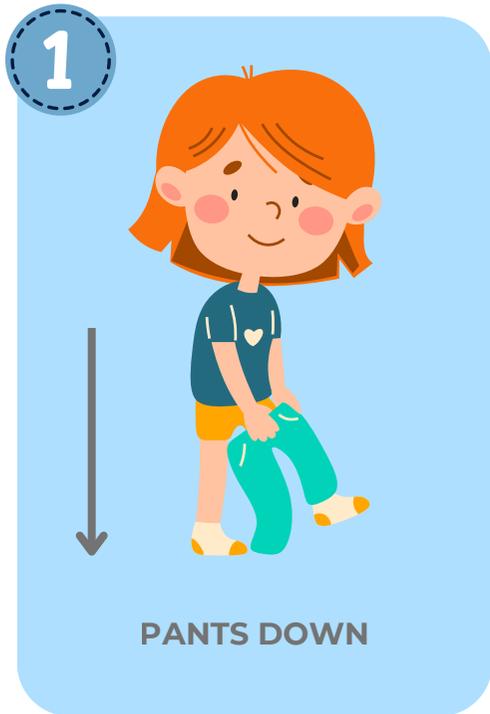
They make expectations clear.

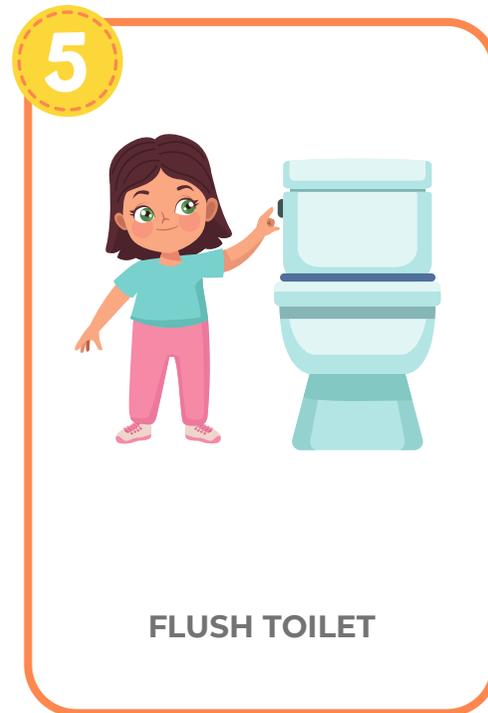
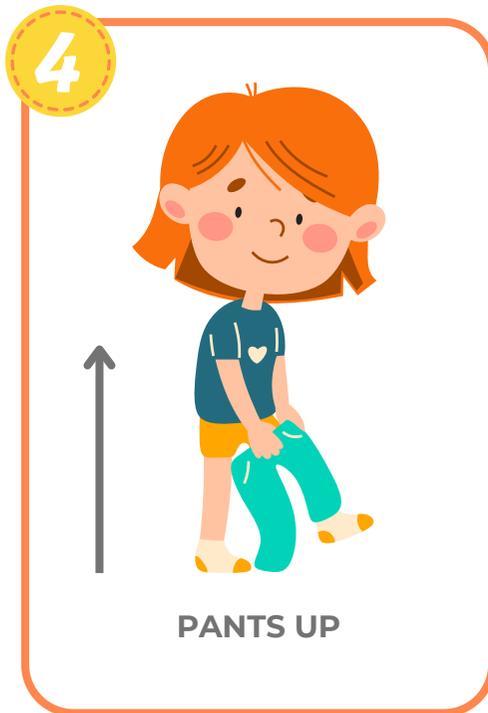
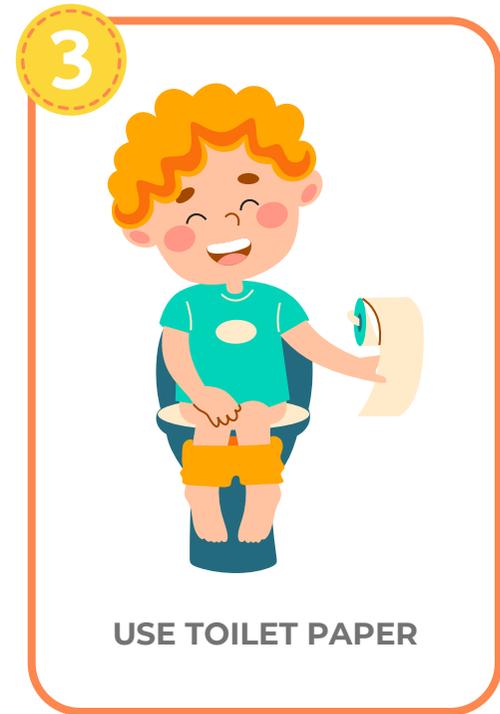
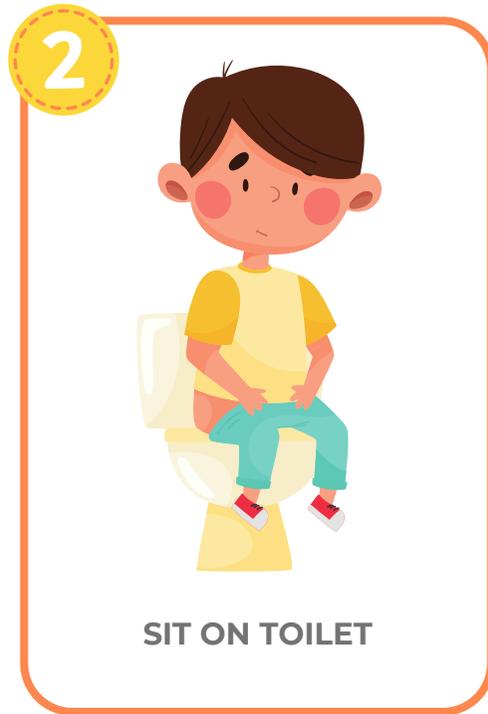
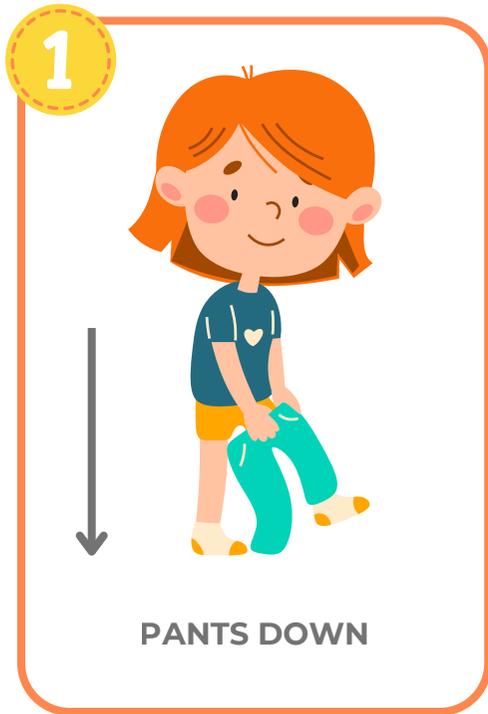
And they remove the need for constant verbal reminders.

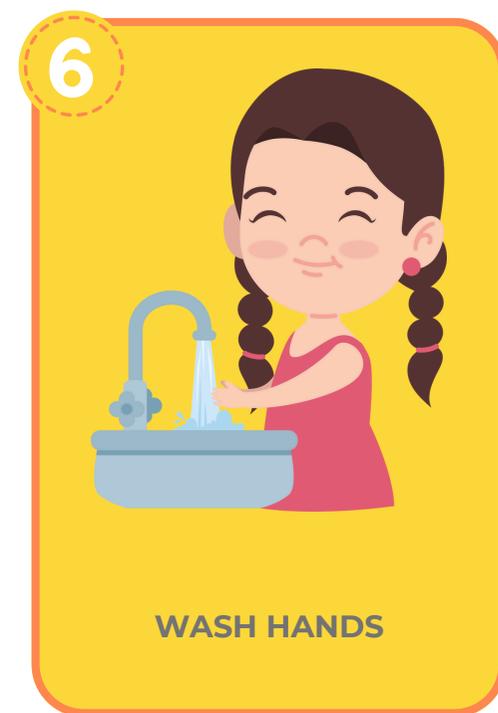
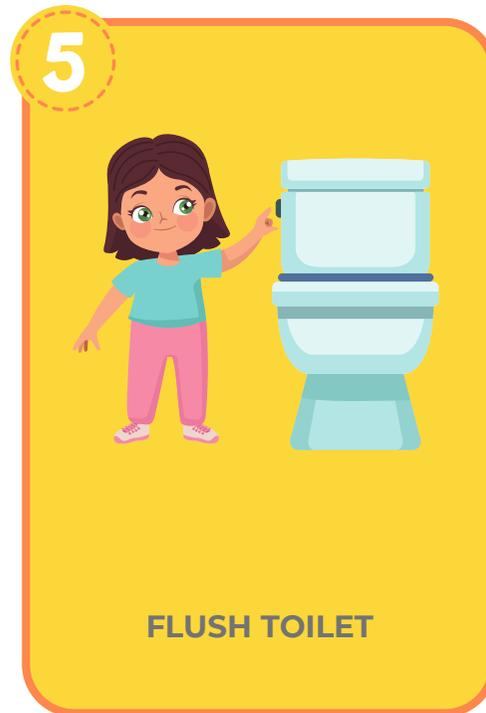
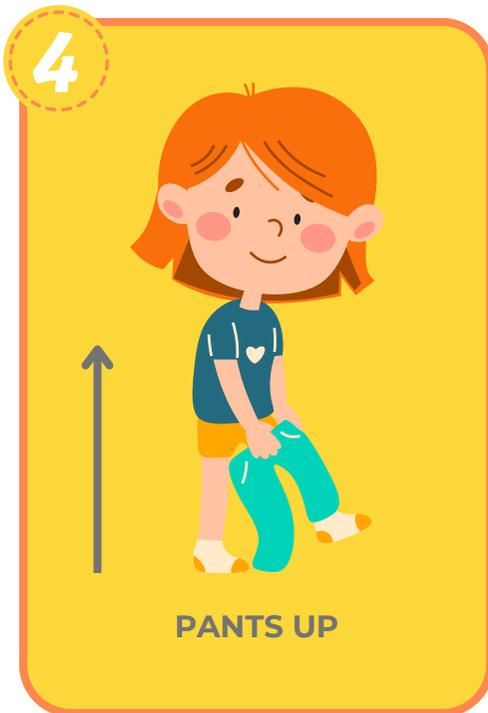
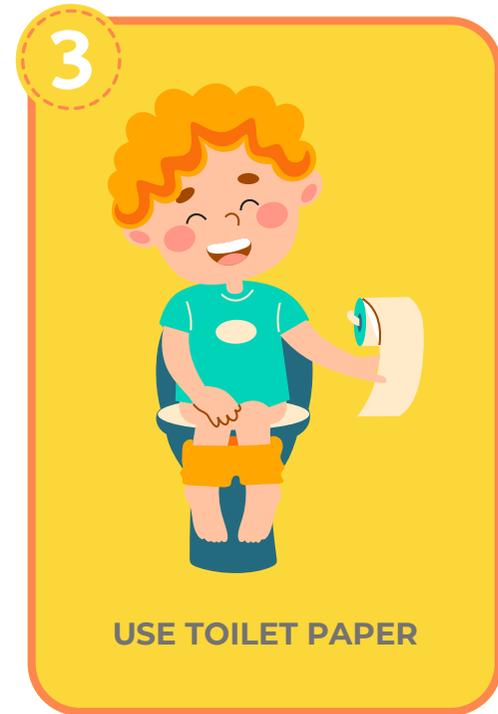
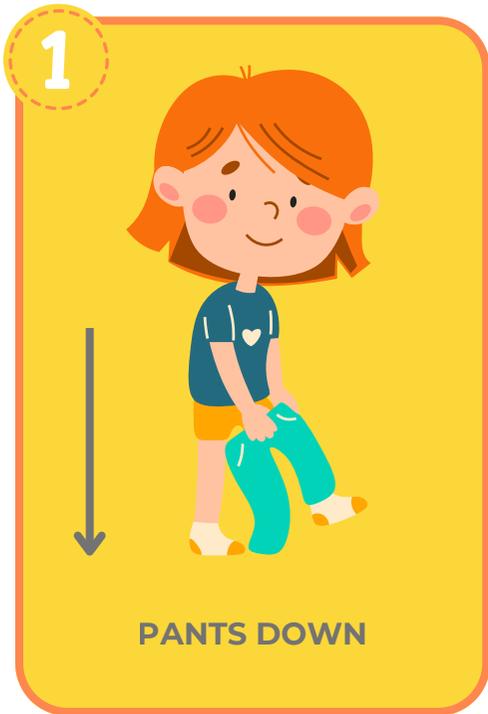


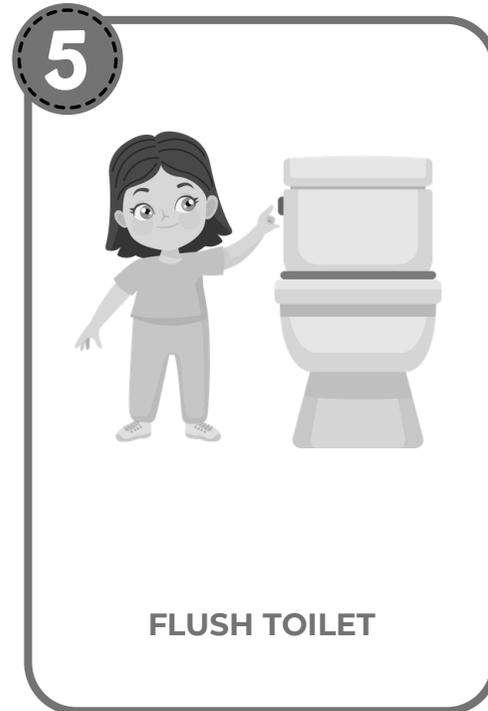
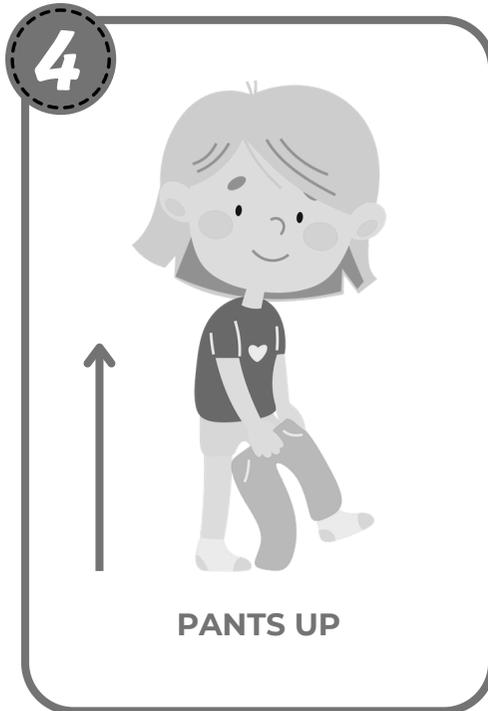
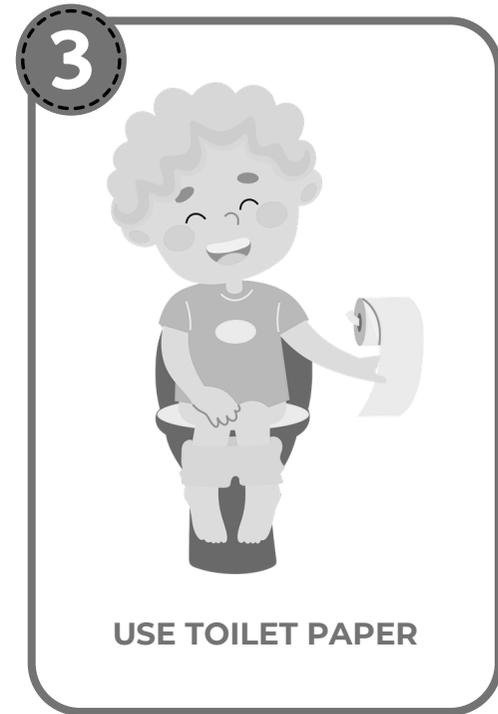
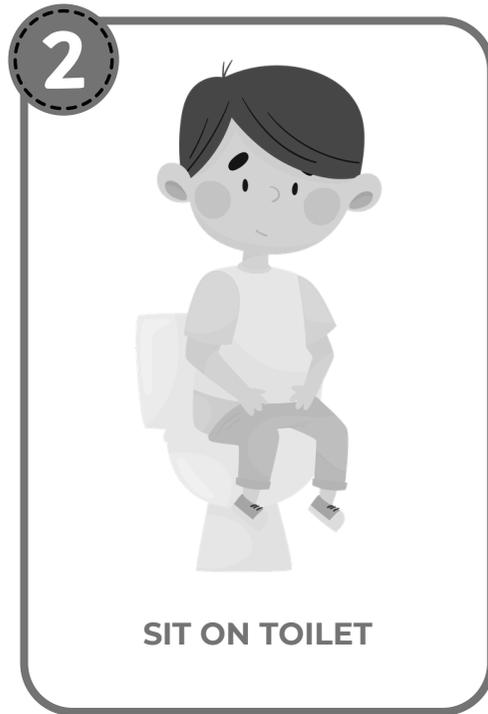
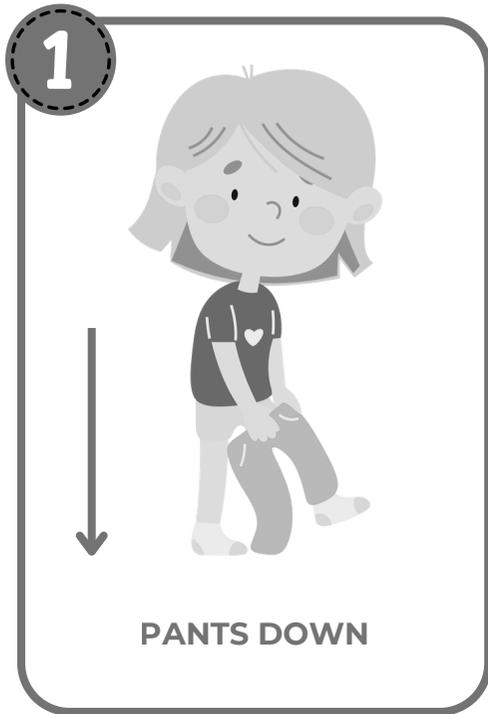












# Parenting ADHD at Home

If your child struggles with routines, transitions, or listening the first time, you're not alone.

Join our private Facebook group:

**Parenting ADHD Together**

