

## SELF CARE

If your child has - **a fear of noises from the toilet:**

- Show them the workings of the toilet to take away any fears they may have relating to where the water comes from/goes to, how the flush mechanism works and what it is that makes the noise when the handle is flushed.
- Put food colouring in the cistern for them to watch when the toilet is flushed to distract from the noise.
- Store a couple of folded bath towels on top of the cistern to dull the noise of the cistern being flushed.
- Encourage your child to put the lid down to reduce flushing noise.

