

Toilet training

Is my child ready?

Do they know if they have a wet or dry nappy?

Do they tell you when they are having a wee?

Is the gap between wetting at least an hour?

Do they fidget, go quiet or hide when they are about to go?

Do they let you know before they go that they need to go?

Toilet training can be fast when they are in the final of these stages.

Getting ready to toilet train

1. Talk about your child's nappy when you change it. Show them what it looks like.

2. Change them in the toilet so they get into the routine of knowing the routine of flushing, washing hands and associate it with this room.

3. Leave a potty where your child can see it and talk to them about what it is used for, ask an older sibling or use a toy to show how they would use the potty.

1. Drink plenty: Make sure your child is having 6-8 drinks of water-based fluid a day to help keep their bowel and bladder healthy. Avoid fizzy drinks. The bladder needs to be filled and emptied properly to keep it working well.

2. Use easy clothing: Clothes that are easy to pull up and down and that are easy to wash and dry. It can help to practise getting dressed and undressed. Let your child choose their own pants and practise wearing them to get used to the feeling.

3. Pick a potty: Let your child choose their potty, toilet seat or step. Keep it in the bathroom and let them practise using it. You might want to keep some toys handy to occupy them while they sit.

4. Get into a routine: instead of asking if they need the potty encourage them to go every couple of hours, Don't let them sit for too long on the potty or toilet, two or three minutes is fine.

5. Be consistent: make sure everyone who looks after your child knows that you're starting potty training and the way you're planning to do it. It really helps if everyone who cares for your child is doing the same thing.

6. Give lots of praise: For each little step like sitting on the potty, washing hands and getting dressed. Rewards are a good incentive – make them small and instant, like a sticker.

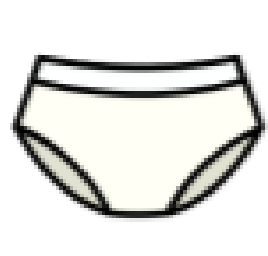
7. Be patient: Potty training is a skill which may take some time to learn, so don't be surprised if there are lots of accidents to start with.

You might decide your child isn't ready after all, in which case stop potty training and have another go in a few weeks.





1



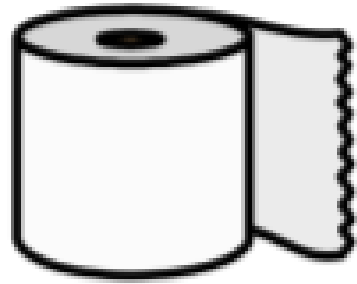
pants down

2



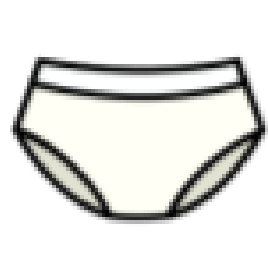
sit down

3



toilet roll

4



pants up

5



flush

6



wash and
dry hands

