

Toilet Training Tips



When should I start toilet training my child?



- Toilet training will only be successful when a child is ready!
- If your child shows signs of readiness you can begin toilet training. This is usually at 2½ years.
- Most children learn bowel control before they learn to control their bladder.
- Start this training when you have the time and patience and don't have too many other family pressures.

Signs of readiness

Look for when your child:

- can stay dry for three hours or more
- recognises the signs that he or she has to go



- can pull their pants down and up by him or her self
- seems interested or motivated to become potty trained



- is imitating others going to the bathroom
- can follow simple instructions.

How should I start toilet training?

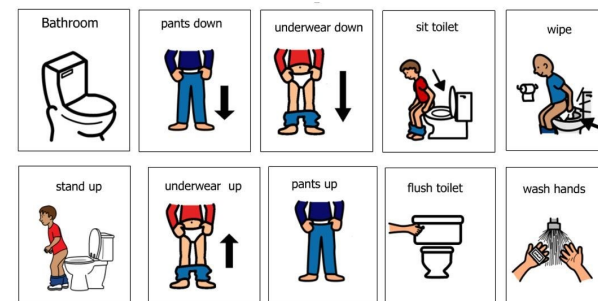
- Before you start toilet-training, take your child with you to the toilet or leave the bathroom door open. Explain what you are doing



- Many parents choose to start toilet-training with a potty, because it is portable for use without much notice! Praise any interest your child shows in the potty or toilet.
- Some children might refuse to sit on the toilet. Don't worry and go with your child!
- Ignore any rebellion, and if necessary stop attempts to toilet-train. You can gradually try again when they are more ready

It is important not to tell your child off for accidents. Try to stay calm and positive.

Your child might need visual props to help understand what he/she should be doing. Ask at the nursery if you need a visual sequence (below)



Top Tips

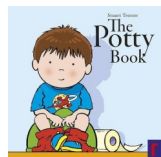
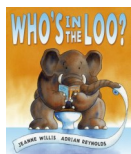
- Dress your child in clothes that are easy to pull up and down.
- Try to sit your child on a potty or toilet a few times a day for five to ten minutes. Try to do this after meal or drink times.
- Some children need to build up to using the potty gradually. Try praising for sitting for a few seconds while fully clothed, then for a few minutes, then for sitting bare-bottomed.



- If your child seems to be scared of sitting on the toilet, try using a trainer seat and foot support.
- Praise your child every time he or she uses the toilet or potty, even if it was just a fluke.



- You may want to dress your child in normal pants, or let them play outside with few clothes in the summer. This helps them to learn the difference between wet and dry.
- Read stories about going to the toilet. Talk about what happens so your child will be prepared. E.g.



What about night time?

The best time to withdraw the night-time nappy is when there have been several dry nights in a row - this may be a long time after your child is dry in the day.



Praise your child when they have a dry night and do not make a big deal when they are wet.



Children generally enjoy earning stickers for dry nights on a wall-chart.

How can I deal with any problems?

Wetting and soiling are common in young children. It doesn't mean they need to go back to using nappies.

If you continue to have difficulty with toilet training, check with your GP that your child is not constipated and doesn't have diarrhoea or a urinary problem.

Basic rules to remember

- Start when your child is ready.**
- Never force your child to use the potty.**
- Take your time in toilet training.**
- Remember that every child and family has their own way of doing things.**
- Keep positive - give your child lots of praise for successes.**
- Don't blame your child for accidents.**

If you would like further help then speak to your GP or health visitor.

Useful websites

Education and Resources for Improving Childhood Continence (ERIC)

www.eric.org.uk Look at ERIC's Guide to Potty

<https://www.nhs.uk/conditions/baby/babys-development/potty-training-and-bedwetting/how-to-potty-train/>