

A Guide for Parents...

Potty and Toilet Training

Moving from nappies to pants can be a nervous time for parents and a big change for children. This guide is designed to give information, hints and tips to help potty and toilet training be a positive experience for both you and your child.

Is Your Child Ready?

Look for signs your child is ready. Don't worry about other people's children or opinions; your child will be able to show you they are ready. Bladder muscles and coordination are the key to controlling toileting, and children can develop this control any time from 20 months to 3.5 years old. Each child is different. There are also social and behavioural cues such as being able to follow instructions, cooperate, and communicate their needs clearly with you.

Show Your Child Their Poo

Don't be afraid to ask your child if they would like to see the poo in their nappy once you have changed it. All too often, we wipe the dirty nappy away, bag it and bin it. Has your child ever seen their poo? There's no need to get too close and examine it, but a quick look before it's bagged up will help your child to understand what their body is doing.

Travelling

Try not to put your child back into nappies or pull-ups for travelling. Instead, use towels or puppy training pads to cover the seats of the car. When out and about, take the potty and nappies. You can use a nappy to soak up a wee in the potty if you are caught nowhere near a toilet.

Communicate with Childcare

If your child attends a nursery or childminder's, communicate with their key person when you plan to start potty training. Find out how your childcare setting will support your child and what hints and tips they have.

Timing Is Everything

When deciding if the time is right to potty or toilet train, think about what is going on in your child's life. Is the environment stable or are they in a time of change? If they are starting nursery or there are family changes such as a new baby or a family separation, it may be better to wait until things become more settled.

Skip the Potty

If your child is over the age of three, it may be worth considering skipping the potty and going straight to the toilet. Some bigger children struggle with getting up and down from the potty because of the small size of potties and stepping up to the toilet is easier for them.

Rewards

Most children respond well to rewards. It may be worth considering using a reward system when the novelty of potty or toilet training starts to wear off. Initially, however, try to use lots of praise and the motivation of being 'grown up' to help your child become self-motivated.

Potty Play

Before introducing potty training, have the potty in the room and let your child explore it and feel comfortable with it. Let them discover what it could be used for.

Try Pyjamas

First Some children find the feeling of pants around the legs is too similar to the feeling of a nappy. Try no pants and loose pyjama bottoms when first potty or toilet training. They are easy to pull up and down in a hurry too.



Potty and Toilet Training: Signs of Readiness Checklist

This checklist shows many of the signs children show when they are ready to move from nappies to pants. Use this checklist to help you decide how ready your child is for potty or toilet training. Remember each child is unique and children will develop muscle tone and readiness at different times.

- My child dislikes the feeling of wearing a wet or dirty nappy and may point out wet or dirty nappies.
- My child finds a place to hide when weeing or pooing in their nappy.
- My child is interested to watch when others use the toilet.
- My child role-plays using the toilet or potty in their play.
- My child does fewer but larger wees.
- My child's nappies are dry for periods of at least two hours at a time, then suddenly filled with a wee.
- My child has regular, well-formed poos at relatively predictable times during the day.
- My child wakes up dry after a nap.
- My child does not poo during the night.
- My child can sit down quietly in one position for two to five minutes.
- My child can pull their own pants, trousers or pyjama bottoms up and down.
- My child knows when they're weeing and can tell me that they're doing it.
- My child wants to be independent.
- My child can follow simple instructions, such as "Go and get your shoes".
- My child is generally cooperative.
- My child has words for wee and poo and can tell me what they have just done in their nappy.
- My child takes pride in their accomplishments.
- My child can show me with sounds or actions that they need to go, such as fidgeting, going very still or hiding.
- My child understands that things are put where they belong.
- My child is keen to please and enjoys praise.
- My child can sit themselves on the potty, and can stand up when they have finished.
- My child tells me they need to have a wee or a poo before they do it.

Toilet Procedure



pants down



sit on toilet



toilet roll

pants up

flush



wash hands

dry hands



Toilet Procedure



pants down



sit on/use toilet



toilet roll

pants up

flush



wash hands

dry hands



★ ★ My Potty Sticker Chart ★ ★

I said I needed to use the potty.



I pulled my pants down.



I used the potty.



I stayed dry all day.



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday