

Things to Avoid

- Don't say 'do you want to go to the toilet?' Most children will say no. Instead say 'go and do a wee' or 'go to the toilet'
- Try not to delay toilet training. Children get too comfortable in nappies. They learn that the nappy is where they wee and poo
- Avoid constipation. Ensure that your child has a healthy diet. If your child has constipation and they are in discomfort, they will associate pooing with this which will make them anxious about going to the toilet. It can cause your child to hold their poo in. If your child is experiencing discomfort when pooing speak to your health visitor or doctor
- Avoid rituals, they can be difficult to change later
- Avoid fizzy drinks, tea and coffee as these are not only unsuitable for young children but can sometimes make bladder control more difficult
- Avoid clothes that are difficult for you or your child to remove in a hurry such as dungarees, tights or trousers with zips and buttons. You need clothes that are easy to pull down quickly. Your child will also eventually need to be able to pull their own trousers down – so the easier, the better!



Tips for Success

- Encourage fluids – 6-8 drinks spread out over the day
- Use clear language 'now do a wee' not 'go to the bathroom'
- Give gentle reminders and prompt your child until they learn bowel and bladder awareness
- Use toilet training friendly clothes – elasticated waist
- Time toilet breaks i.e. before a favourite television programme
- Give your child time to go to the toilet
- Praise your child every time they use the potty / toilet

A toilet trained child is a child who can do the following:

- Be able to tell the adult they need to go to the toilet BEFORE they have to go. They must be able to say the words "I have to go to the toilet."
- Be able to pull down their underwear and pants and get them back up without assistance
- Be able to wipe themselves
- Be able to get off the toilet by themselves
- Be able to flush the toilet by themselves
- Be able to wash and dry hands
- Be able to postpone going if they must wait for someone who is in the bathroom or if they are outside and away from the house



Toilet Training

Basic signs that your child is ready

- Managing to stay dry in nappy for 1½ to 2 hours
- Excited at seeing his wee make a fountain when having a bath
- Keen to have their nappy off and wear pants like a big boy/girl
- Wiggling around when they need a poo or wee
- Interested in what you do on the toilet
- Shows awareness of weeing or pooing by stopping and concentrating or telling you what they are doing
- Understand and respond to simple instructions such as 'do you need a wee?'



Before you start.....



- Choose a good time to start and talk to your child about what you are going to do
- Involve your child in choosing a potty and pants
- Make sure the potty is comfortable and doesn't tip
- Plan where you are going to put the potty, keeping it in the same place
- Decide what you are going to call wee and poo and tell others that care for your child so there is a consistent approach
- If you are training using the toilet, you will need a child's seat adapter to make your child feel secure. You will also need a step stool to enable your child to get onto the toilet

Getting rid of nappies

Keeping nappies on gives the child the message that this is where they should wee and poo. Children need the opportunity to be without a nappy to help them learn to use the toilet



Pull ups don't soak up wee as well as disposable nappies, so your child will find it easier to tell when they are wet



Training pants should be a step towards normal pants, rather than a replacement for nappies. Encourage your child to keep their training pants dry by using the potty / toilet



Ensure you buy plenty of normal pants as there will be lots of accidents which are to be expected



Let the training begin!

- Make sure toilet training is fun!
- Be positive
- Be consistent
- Be encouraging
- Always try to keep a relaxed approach to toilet training
- Avoid battles about toileting although this is not always easy!
- Always be positive when talking about the potty or toilet
- Praise your child for bringing their potty into the room, or sitting on it.
- Put your child on the toilet or potty regularly, about every hour or two and a short while after a drink.
- Try to make the time they sit on the potty / toilet a special time, just for the two of you. You can sing a favourite rhyme, or read a book together
- Try to link toileting to the daily routine e.g. before going out, and before and after meals
- Celebrate their success

