

Toilet Training Guide For Parents

Daytime Toilet Training Tips

Buy a potty before you plan for your child to use it and keep it in the bathroom next to the toilet.

Never force your child to sit on the potty.

Don't rush things - sometimes if you start teaching later, it takes less time. Try and be consistent so your child knows what is expected.

Sit on the toilet yourself whilst your toddler sits on the potty.

If you can persuade them to sit on the potty, then do something with them to help them relax - singing or reading.

Tell them how grown up they are and how proud of them you are every time they successfully use the potty/toilet, this will encourage them to do it all the time.

Teach them how to pull down their pants and pull them back up again - Dress your toddler in clothes that can be pulled up or down easily.

Don't be angry with your child if they have an accident. Keep reminding them where the potty is.

Take your child to the toilet every 20/25 minutes and ask them to sit and see if anything comes out, praising when something happens.

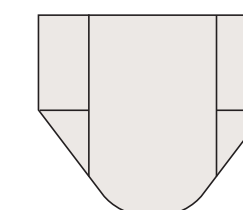
Nappy-Free Nights

Once your child is dry during the day it does not necessarily mean they will be dry at night. For some children, it happens at the same time, but for most they might still need a nappy at night. You could continue using nappies and to monitor how wet they are when your child wakes up.

When the nappy is regularly dry then your child may well be ready to go to bed without the nappy. It can take a long time and boys can be especially slow to be dry at night. You will need to be patient and persevere; it's not unusual to find bed-wetter's aged 7 or 8. Some parents "lift" their child on to the toilet before they themselves go to bed.

- Use a bed protector and keep spares.
- Use a washable duvet or protect it with a waterproof cover.
- Make sure that your child goes to the toilet before bed.
- Don't give your child too much to drink before bedtime.

If your child is repeatedly having accidents, it is usually an indication that they are not yet ready and potty training should be stopped until a later date



When Should I Start Toilet Training

Toddlers are usually physically and mentally ready for toilet training at 24 months, however, some toddlers are not ready until 4 years of age.

Many parents find that boys are slower to adapt to life without nappies than girls.

Active children who don't sit still are often less aware of what their body is doing, whereas a quiet child who sits and plays will often be more sensitive to what is going on.

It's easier to try toilet training during the Summer, as your child can easily wear looser clothing that is easier to take off.

The first thing to do is to look for the signs that your child is ready. You should never force the issue because the timing suits you, this will put the training back further if you attempt to start before your child is ready.

These are a few signs to look for:

Your toddler will begin to be independent, for example, dressing themselves.

Questions/interest will develop around you using the toilet.

Your toddler will start to dislike wearing a dirty nappy.

Your toddler will start to tell you when they are urinating or having a bowel movement.

When Should I Wait?

Probably the major factor to consider is "what else is going on in the family?". You should choose a time when you have a consistent routine, when you are not over worked and can remain calm. Try and avoid times of upheaval for your child such as:

The arrival of a new baby

Starting a new childcare routine

transitioning from a cot to a bed

moving house

family relationship problems

Should I Use Pants Or Training Pants?

Training pants are convenient and avoid unfortunate accidents on the floor, however, some children simply treat these as nappies and, therefore, we suggest that in most cases children wear pants. Allowing the child to help choose pants with their favourite characters on can also make the process more special.

Potties and Trainer Seats

When choosing a potty, it needs to be comfortable for your child to sit on and very easy to clean. The potty should not be something to play with, choose one for its simplicity.

Training seats can make the “big toilet” a little less daunting for small children but your child will need to get used to sitting on a normal toilet seat in other people’s homes and when out and about. A step stool can be very useful to help your child reach both the toilet and the basin to wash their hands.

Teaching Hygiene

Discourage your child from trying to empty their own potty; it may end up on the floor!

Be rigorous about hand washing – squirty soap is always popular with small children and you can use this as an opportunity to teach your child good hand-washing techniques.

