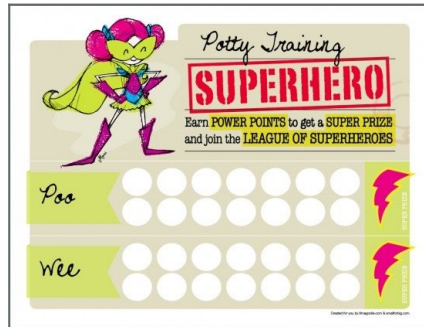


Did you know?

Older children, over 36 months, who have spent more of their lives wearing nappies:

- have learned to ignore body signals and must relearn them, which is difficult
- have become used to wearing soiled nappies/pull-ups and may resist change
- are more independent and more likely to challenge you
- have more "smelly" urine, making their accidents less pleasant to clean.

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For free potty training charts and certificates, go to:
<http://www.pottytrainingconcepts.com/CTGY/FREE-Potty-Training-Charts.html>

Children's Centres



Toilet training
A simple "how-to"
guide for parents

All children learn to use the toilet at different times in their lives and in a different ways. Most children start to show an interest in moving on to a potty or toilet between 2 and 3 years old. Children with a physical problem or learning disability might not be ready to start until they are older.



When should you start toilet training your child?

Look for signs that your child is ready to use the potty or toilet. For example:

- Showing discomfort when a nappy is wet or soiled.
- Waking from a daytime sleep with a dry nappy.
- Taking an interest in a potty or the toilet.

Before starting

- Choose a time when you can spend time with your child, when your child seems happy and there are no stressful events like starting nursery, moving house, moving from a cot to a bed, the arrival of a sibling.
- It may take some time for your child to learn, so make sure that you tell your child's nursery/childminder/pre-school that you are toilet training him/her so you can work together.
- Talk about saying good bye to nappies. You could use a library book on the subject.

- Praise your child first for showing an interest in the potty or toilet and then for using them.
- Accidents are inevitable. Try to be patient and not get cross. Take spare clothes in case of accidents.
- Dress your child in clothes that can be taken off and put on quickly and easily.
- Look at the times your child is most likely to use the toilet, e.g. after meals, when s/he wakes up from a sleep. You could also remind your child to use the potty at hourly intervals.

- Plan a routine you can stick to, until it becomes established (e.g. put on potty half hour after meal).



- Make sure the potty or toilet is comfortable for the child and the child can sit on it without any fear of falling off. Some children may prefer to use a training seat. Using a small step by the toilet can help your child feel more independent.
- Don't limit drinks: your child needs to feel the urge to empty his/her bladder.
- Make sure your child sees you washing your hands so it becomes part of the process of using the toilet.
- If you have any concerns don't hesitate to talk to your GP or health visitor.