

For more information, see...



### Websites/blogs

[www.netmums.com/your-child/potty-training](http://www.netmums.com/your-child/potty-training)

- potty training tips, charts, games, links to further help.

[www.pottytraining.co.uk](http://www.pottytraining.co.uk)

- when to start, getting ready, starting out, keeping going, dressing for success, training boys/girls.
- includes printable reward charts, door hangers and leaflets
- includes video clips/tips

[www.mumsnet.com](http://www.mumsnet.com)

- toilet training diary

### Books



**I Want My Potty** by Tony Ross

**Pirate Pete's Potty** by Andrea Pinnington

**Princess Polly's Potty** by Andrea Pinnington

**Have You Seen My Potty** by Mij Kelly

**On Your Potty** by Virginia Miller

**Lulu's Loo** by Camilla Reid

**Aliens Love Underpants** by Clare Freedman

**The Queen's Knickers** by Nicholas Allan

**Father Christmas Needs a Wee!** by Nicholas Allan

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Tips for parents and carers



# Toilet Training



Many parents worry about toilet training and getting children "dry".

Children develop at very different rates, so try to be patient and don't rush your child; help them learn at their own pace.

It is good, however, to try to get your child toilet trained before they start school.



**Once you start toilet training, have regular routines, stay relaxed and be prepared for accidents.**

**Give them plenty of praise and encouragement and whatever you do, don't worry!**

## What is "normal"?

Most children become able to use a potty or toilet at around 2 to 3 years. Staying dry at night will come later on.

## Daytime toilet training tips

### Watch for signs that they may be ready...

#### When they

- Let you know they're having a wee
- Need to wee less often, shown by sometimes having a dry nappy
- Can pull their own pants down
- Show interest in the toilet or potty and being nappy-free



### Spot your child's pattern

Notice when they usually wet or soil their nappy and offer the potty or toilet at those times.

Gradually, you can begin to get them into a routine.

### Ask them

Talk to them so that they tell you when they have had a wee or poo, and encourage them to tell you when they need a wee or poo before they do it.

Do you need a wee?

Do you need a poo?

Your child may have their own words for wee and poo.

### Get them excited about wearing pants!

- Buy some nice ones if you can
- Talk to them about being grown up
- Help them to feel excited and in control



### You could offer a reward when they manage it...

But don't put on too much pressure—it won't help.



### Use the potty as part of your child's routine

Sit them on the potty before bathtime, and at other regular times during the day.

### Get ready—and accept accidents will happen

- Keep nappies for night time use only
- Keep the potty about, so it's familiar
- Use loose clothing so it's easy for children to take off themselves
- Keep clothing to a minimum, so it's easy to change
  - Let them have times at home without clothes on, so it's easy to use the potty
  - Stay calm about slip-ups and spills – keep old towels handy
- Some children will be trained in a few weeks, but others will take longer.
- Be prepared—you will need more changes of clothes and more washing!



Don't forget, it's important for them to wash their hands afterwards!



### Becoming dry at night will take longer

Many children are dry at night from 3-4 years old, but others may not be until 7. A mattress protector can protect the bed.

- Avoid drinks before bed time.
- Don't let them get overtired.