

For more information, see...

Websites/blogs

www.netmums.com/your-child/potty-training

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

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

- 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.