

Potty/toilet training

There are no hard and fast rules on how to potty train. The important thing is to be relaxed, for all the child's carers to work in partnership, to ensure consistency and to make it fun.



What are the common difficulties?

- Parents or settings feeling pressurised to start potty training before the child is ready
- Children with a physical problem or learning disability might not be ready to start until they are older and might take longer to be trained.
- Accidents- these are inevitable but remain calm!

When should you start toilet training?

- When there is an awareness of being wet or soiled (Disposable nappies are very absorbent and so the child may never feel the sensation of being wet. Putting a non-absorbent liner inside the nappy, or wearing a pair of pants underneath the nappy or changing to cloth nappies could provide this sensation)
- When the child can understand a simple request, such as "where's your potty?" and can engage in make believe play such as giving a tea party for teddies.
- When the child is fairly well co-ordinated and can, for example, manage to pull trousers up or down.
- When the child can manage to stay dry for at least 1½ - 2 hours between wet nappies.
- When there are regular or predictable bowel movements
- When the child shows an interest in others using the toilet and imitates

When should you start toilet training contd?

- When the child indicates awareness that a bowel or bladder movement is occurring - perhaps by interrupting what they are doing and concentrating, or going off somewhere quiet for a poo,

Before starting

- Choose a time when there are not too many distracting events so all carers are well prepared and able to commit time.
- Decide what you are going to call things - many people call it wee and poo, others call it pee and number twos
- At every opportunity talk to the child about weeing and pooing. Read stories about potty training and take the child shopping to help choose a potty and pants.
- Put the potty in an accessible place, encourage the child to practice sitting on it.

