



Potty/toilet training/2



Once you start

- If the child has a pattern to their weeing and pooing, encourage them to use the potty around the times when they would normally go. If not, encourage the child to sit on the potty every couple of hours. (Not too often and only for a few minutes each time or they may get bored. Sing songs to avoid this!)
- Praise the child every time they sit happily, wee or poo in the potty.
- Encourage the child to be involved and to pull the flush when the potty is emptied down the toilet - and don't forget wash to both wash your hands.
- Learn to recognise the signals the child gives when they need a wee or poo and guide them to the potty straight away. They can't hold on for very long!

Abandoning nappies

- Nappies need to be abandoned in the daytime at some time during potty training to avoid giving confusing messages.
- Some choose to change from nappies to absorbent training pants or pull-ups before changing to pants
- Dress the child in clothes that are easy to pull up and down.
- Use shoes that can be washed easily, when accidents occur the child won't think or have time to move their feet out of the way.
- Don't show any signs of concern it will make the child anxious.
- Give plenty of praise

Bowel Movement

- When the child is likely to have a bowel movement sit them on the potty and encourage them to push down gently- try making the child laugh or blow into a toy or whistle as sitting upright will encourage bowel movement
- If nothing happens say nothing and try again later.
- Wiping is difficult for young children, but introduce the idea and when the child is ready begin to practice. Girls need to learn to wipe from front to back to avoid infections. Wet wipes can be useful

Boys - standing at the toilet

- It's easier if boys learn to wee sitting on the potty before standing up and weeing in the toilet.
- When they start to stand, provide a step and it may be useful to put ping pong balls in the toilet to develop a good aim.
- Boys should gently shake the penis when they finish weeing to get rid of the last few drops.

