

## Potty Training Help Sheet



We know how daunting it can be when trying to potty train your child. This is the reason why we have developed this factsheet to support you with potty/toilet training your child. Sometimes it just knowing how and when to start. Typically, children are ready for potty training around the age of 2 and a half (30 months). If you have a child who is approaching or around this age it is advised for you to begin working on potty training your child to ensure that upon their return to nursery they are ready for their next step to avoid any delay or regression in their development.

Here are some possible signs that may show that your child is ready to be potty/toilet trained! Please note that all children show these signs and it is advised to typically follow the recommended age before starting to potty/toilet train your child. Remember every child is different and will reach this milestone within different timescales. The most important fact to bear in mind is that your child needs your patience and time as rushing your child may delay the process. This is a skill that will take lots of patience repetition and time. As long as the process may seem focus on the end goal and consider all the money you will be saving on nappies!

### Signs that your child may be ready to be potty trained

- Your child may have started to pull at their wet or soiled diaper or request to take off nappy after being wet or soiled.
- Your child may show great discomfort after wetting or soiling their nappy.
- Your child may have started standing in a corner to wet or soil their nappy.
- You may have noticed that your child now appears to have a dry diaper/nappy for longer than usual and needs less frequent changes. Perhaps you have noticed that your child's nappy is now dry after naps?
- You are changing less wet nappies
- Your child may be showing awareness of their wet or soiled nappy by telling you, pointing or through their body language.
- Your child may be beginning to show an interest when others are using the toilet.
- Your child's bowel movements have become more predictable and you can tell when or just before they are about to wet or soil their nappy.
- Your child may broadcast bowel movements by telling you that they have wet or soiled their nappy.
- Your child may display signs of becoming more independent e.g. saying me do it frequently.

## Tips for potty/toilet training your child

- Purchase a potty then find a home for your potty in a place that is accessible and visual for your child. Make sure that you communicate the whole process to your child and inform your child in an age appropriate way how the potty will be used and what for! Ensure to place the potty in a central place where your child has easy access to it. It is also vital that you keep the potty in a consistent place to not confuse your child and ensure it is accessible at all times. The potty must stay in the same place. It is also very vital that you discourage your child from playing or moving the potty for hygiene reasons but also you do not want your child to think that the potty is a toy, defeating the whole objective of training your child to use the potty!
- Start by after every nappy change placing your child on the potty for a few minutes, talking to your child through every step of the process. After your child begins to grasp the concept consider purchasing pull ups or disposable potty-training pants to allow and support your child to begin to understand the concept of pulling down their undergarments independently. Once your child has mastered this concept you can now start to purchase real undergarments for your child to wear.
- Provide appropriate clothing before beginning to toilet train e.g. trousers that can be easily pulled down by your child. This will help to ensure that you will have greater success in training your child as you do not want to set your child up to fail by dressing your child in dungarees or trousers with buttons which are very difficult to pull down.
- Before beginning to train your child help them to identify and differentiate between a wee and poo and encourage them to communicate these words so that they will build the confidence to be able to state when they are about to wet or soil their nappy. This will make the process easier and quicker if they are able to communicate these words to you.
- Whilst encouraging your child to sit on the potty you can provide your child with a toy or book to encourage them to stay and sit on the potty for some time.
- Look out for signs that your child may be attempting to wet or soil their nappy or pull ups and quickly but supportively direct your child to their potty.

- On days that you are home with your child you could increase their fluid intake and leave your child without clothes to show them the concept of quickly finding and using the potty. Using this strategy makes it easier for your child to identify that he or she is not wearing pants and may prompt them to rush to the potty
- Understand that your child needs time, shouting or getting angry when your child has an accident will only delay the process. Children naturally learn through trial and error so expect your child to make mistakes and prepare yourself for accidents. Children need time and repetition to master certain skills. Just be consistent and have time and patience. Be prepared by having spare clothing on stand by and just think about all the money you will eventually save in buying nappies!
- When your child does successfully use the potty understand that this is a huge milestone and offer great praise and encouragement to your child throughout every step of the process.
- Always role model and show your child how to follow good hygiene practice before and after using the toilet ensure your child washes their hands after attempting you use the potty or toilet and show your child step by step how to flush and wash hands in a child friendly fun and engaging way! This is also crucial so that your child becomes able to transfer this skill and has this knowledge especially when using public toilets and spaces! This is also essential for their school readiness and hygiene. Children are also naturally visual learners so using visual aids like books, songs, rhymes or videos on you tube can support you along the way!



**Just remember!**

- Be consistent as children need consistency in order to master this skill.
- Expect frequent accidents, humans especially children learn through trial and error.
- Use this as bonding time with your child.
- Remember you can do it and see your child as capable!
- See your child as capable and understand that although your child may make 100's of accidents they will get there with patience, time, repetition and consistency.