

Potty Training

A simple guide to toilet training for toddlers

Community Children and Families Services



- 1** Try to decide when you are going to start. 18 months is the earliest age, 2 years is a much more realistic starting age.
- 2** Signs that your child is ready to start training may include pulling at a wet or soiled nappy or tells you he needs changing.
- 3** Make a decision as to whether it will be the toilet or a potty.
- 4** Start when the child is well and free from distractions such as the arrival of a new baby or moving house.
- 5** Include the child in the buying of a strong potty with a rigid base to stop it tipping, and for boys one with a splash guard.
- 6** The potty should be kept within easy reach, be in a regular place and not regarded as one of the child's toys.
- 7** It is best to place the potty on a washable floor rather than a thick carpet or rug.
- 8** Remove nappies during the day and either let them be without pants or put cotton pants on.
- 9** Do not use disposable pull-ups, as these feel just like a nappy to the child.
- 10** Encourage your child to sit on the toilet or potty every 2-3 hours, but for no more than 10 minutes. It may be helpful for the child to see other children using the toilet or potty.
- 11** Reward your child with lots of praise for sitting on the potty, especially if they manage to do something. Praise is a great motivator.
- 12** It would be best to try potty training in warm weather when the child has less clothes to cope with. Dress your child in clothes that are easy to take off.
- 13** Accidents should be treated lightly and cleaned up calmly.

14 Try to include all carers of the child in potty training so that there is the same message and consistency from everyone.

15 Most children will have gained day time control by the age of three years. Night time can take a little longer, and girls are often quicker than boys.

Points to remember

- Remember that the toilet/potty is not a toy.
- Keep the potty handy to avoid accidents.
- Allow a couple of days free of commitments when you can concentrate on the training.
- Try keeping a diary of progress for yourself.
- Rewards are the key to success. A star chart or Smiley faces stickers work well.
- Plenty of praise for the child.



Options available

If you'd like a large print, audio, Braille or a translated version of this booklet then please call **01253 655588**

Patient Relations Department

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References

This booklet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this booklet are available on request from:
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