

Remember...

Your child will be ready in their own time and there is no need to rush them or compare them to others. Putting them into pants before they are ready may result in delayed toilet training.

Don't feel pressured to start potty training or start because a new baby is on the way... the timing has to be right for both you and your child.

- Plan ahead if you know you're leaving the house
- Always check if there are toilets available
- **Do not** put a nappy back on your child as this will confuse them, instead take a potty

THE OLD FORGE DAY NURSERY

The Green
Findern
Derbyshire
DE65 6AA

T: 01283 701 533

E: info@theoldfordedaynursery.co.uk

W: www.theoldfordedaynursery.co.uk



A Guide to Potty and Toilet Training Information



Potty and Toilet Training

Learning how to use the potty or toilet is part of growing up and like many other skills, children learn to do this at different times, in different ways and at different rates. Learning how to use the toilet or potty is an important factor in your child becoming independent.

Children can be ready for toilet training from as young as 2 years old. However, many children are often ready between the ages of 26 and 36 months, but every child is different!

When is the right time?

When children are younger, they wee little and often. Therefore it is important that your child is physically ready and is able to hold their wee. You can notice this by regularly checking their nappies.

If their nappy is dry for long periods and then becomes full, this shows they now have more control over their bladder movements.

The timing is a crucial part of the toileting process. It is often helpful to choose a time when you have a few quiet days at home, giving it your full attention.

Before you start...

- Talk to your child about what is in their nappy during nappy changes
- Put them on the potty/toilet first thing in the morning, before bath time and last thing at night
- Read books relating to potty training
- Role-play by putting their favourite doll, toy or teddy on the potty
- Create a sticker/reward chart with your child ready to use when they wear pants
- Try pull ups first, this slowly introduces your child to pants allowing them to start pulling up their own pull ups when getting dressed and undressed



Transition from nappies to pants

- Talk to your child about wearing their big girl/boy pants and explain the use of the potty/toilet
- Put your child in clothing that is easy to take off in order to encourage independence
- Don't be tempted to follow them around with a potty, they need to learn that it is in a set place and they need to approach it
- Expect accidents. Accidents will happen, but do not be put off, this is a learning process
- It is normal to still put a nappy on your child for naptime and bedtimes. Becoming dry overnight takes longer than staying dry throughout the day
- Most toddlers urinate four to eight times each day, usually about every two hours or so
- Use a reward chart or a little treat for when they have used the potty
- Remember to **ALWAYS** praise even for sitting on the potty