



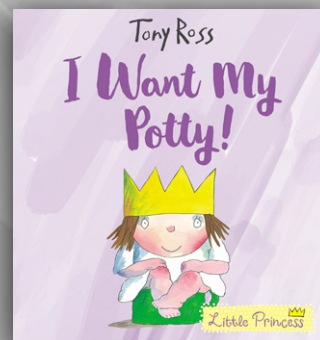
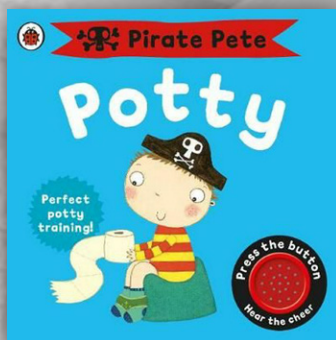
Potty Training Guide

Children are usually read for potty training from 18 months to 3 years of age. Children with disabilities or medical conditions may not be ready until later.

Start pre-potty preparing early at 12-18 months

- Change children in the bathroom and put poos into the toilet and flush them away, talking through the process
- Show children how you go to the toilet, talking through the process
- Have a potty, stool and training seat in the bathroom
- Read books daily to your child including potty training books
- Use pull up nappies
- Ensure children are not told their poo smells or make any horrified facial expressions when nappy changing

Recommended books:



Signs your child is ready

Your child could just have 1 of these signs to begin:

- Hides to go to do a poo
- Makes a noise when going to the toilet
- Asks for nappy to be changed

- Asks to wear big person pants
- Asks to sit on the potty/toilet
- Having dryer nappies for longer periods
- Dry during naps

What do I need for potty training?

- Books
- Pants
- Joggers
- Toilet wipes
- Potty
- Toilet seat
- Stool
- Stickers/treats
- Time to be happy and relaxed and have a few days at home

Try potty training

If your child shows one of the signs that they are ready it is best to try potty training, you may find that after too many accidents your child isn't ready and revert back to pull ups and come back to it at a later date. If this happens it doesn't mean anyone has failed or you have wasted your time, you will find it a lot easier next time you try.

- Pick a few days when you will be at home with your child
- Try wearing big person pants with either no trousers or easy to pull down ones or you could try no pants or anything on
- Explain to your child that they need to use the potty for wees and poos so they need to tell you if they need to go
- Let your child read a book while sitting on the potty/toilet
- Remind your child about the potty but don't keep asking them to go to the toilet if they do not feel they need it
- Expect many accidents on the first day and be happy about them (it means you are one step closer to being nappy free), keep smiling whatever you do say "oops you are

wet let's get changed", do not get annoyed with your child or make them feel ashamed because this will delay the whole process as well as be very upsetting

- Be very excited when your child wees or poos in the potty, praise your child even for trying
- Let your child be as independent as possible by pulling their pants down and washing their hands
- Explain to their caregiver that you are potty training and provide their potty etc. so they can support them (provide pulls ups too in case they want to use them in the care/sleeping or if they are having too many accidents)
- Keep going for a day or two, if there are too many accidents still to be manageable consider going back to pull ups
- If you decided to try again another time this process will benefit you and your child then next time you try
- If your child doesn't want to put pull ups back on though do not make them, if this happens there is no option but to keep going
- Expect children to not be dry at night for a while after, sometimes children are in pull ups at night until 8 years of age

Your child is too scared to do a poo outside of a nappy

This is a frequent problem and is usually associated with children thinking their poo smells or is bad in some way. That is why it is so important to ensure children are not told their poo smells not very nice or make any horrified facial expressions when nappy changing. If this happens be patient and encourage your child to sit on the potty when they do a poo with their nappy on and keep reassuring. In time they will be happy to take off their nappy to do a poo but it could take a few weeks.

If you have any concerns about your child's potty training don't hesitate to check with your GP.