

Toilet Training



What is toilet training?

- Talking about the potty/toilet.
- Modelling behaviour for the child to see.
- Having equipment visible to familiarise children with it before asking them to sit on it.
- Reading stories or watching videos with your child regarding toileting.
- Progressing towards your child being able to go to the potty/toilet independently from 2years old and before 4years old where appropriate.



Pirate Petes toilet training_.htm



princess Polly video toilet training_.htm

How do I know my child is ready?

1. Do they tell me or indicate they have “been”?
2. Do they tell me or indicate they are “going”?
3. Do they tell me or indicate just before they “go”?
4. Do they hide or want to be in private when they “poo”?
5. Your child’s nappy stays dry for 2 hours.

*Numbers 1 and 2 suggest your child is nearly ready and you can start the basics.

*Numbers 3 , 4 and 5 suggest they may have some control and you can go for it!



What do I need?

You don't need to spend a fortune!

My child refuses to sit on the potty/toilet.



- Never force a child to sit on the potty/toilet.
- Gently encourage them by reading a book or giving them their favourite toy.
- Lay the open nappy on the potty. (If needed)
- Model the behaviour. They need to know everyone goes to the toilet and what it looks like. Then you flush it away. (Don't say it's Yukky!)

Teaching your child to use the toilet or potty.

- Say “Toilet time”
- Pants down
- Sit on toilet
- Wee/poo in toilet
- Wipe
- Pull pants up
- Flush toilet / empty potty
- Wash hands

Let them sit for 2 minutes but no longer.



5 hand washing songs

- Tops and Bottoms (Tune: Frere Jacques). Then we wash. Bam, Bam, Bam.
- Wash, Wash, Wash Your Hands (To the tune of Row, Row, Row Your Boat):. Wash them nice and clean. And scrub them in...
- This is the Way We Wash Our Hands (To the tune of Mulberry Bush):. Before we eat our food. Continue with these...
- If You're Happy and You Know It Wash Your Hands!. Wash your hands! Wash your hands! Wash your hands!
- Twinkle, twinkle little star. Look how clean my two hands are



Hand washing songs



nhs hand washing song.htm - Shortcut.lnk



nhs wash hands 2.htm



Things that could help.

- Toilet toys such as a ping pong ball to wee on.
- Sounds gross but can work! Clean between use.
- Terry pants. A little more absorbent than pants but your child can still feel they are wet.



Accidents

There will of course be “accidents” when starting and through your child’s journey of toilet training.

This is normal!

- It’s important to be calm and find a simple phrase to say to your child when this happens.
- You can try “Let’s see if we can get some more in the toilet/potty.”
- Try not to say “It doesn’t matter” or “Oh no!”
- We want this to be a **positive experience** for your child.
- If an accident occurs take them to the bathroom sit them on the toilet /potty see if anything happens. Then clean them , change their clothes and go back to what they were doing.



This is to Certify that

Name

is Officially Potty Trained

Signature



Date

We value your opinion.



- Useful links:-
- www.nhs.uk/conditions/pregnancy-and-baby/potty-training-tips/
- www.continencevictoria.org.au/resources/children
- www.eric.org.uk

ANY QUESTIONS?