

Toileting Advice

- Be consistent once you start toilet training
- Put them in pants not pull-ups so they know something is different
- When you are out take a portable potty with you rather than reverting back to a nappy
- Dress them in clothes for them to undo themselves quickly and easily e.g leggings / joggers
- Take them to the toilet regularly. Each child is different, some may need to go every 20 mins. Discover what your child's needs are
- Some children are worried about falling down the toilet, if necessary use a toddler toilet seat on your toilet
- Regularly remind them about the toilet, especially if they are absorbed in an activity / play
- Do not get cross if they have an accident, remain patient
- Praise them when they go to the toilet
- Use a reward system e.g sticker chart
- If necessary ...Give them incentives to use the toilet e.g a book to look at whilst on the toilet; you blowing bubbles over them
- As they get older encourage them to wipe their own bottom (i.e before they start school!)

N.B Some children find using the toilet to poo is scary. However this is quite normal and often a phase.

It often takes longer for a child to be dry at night so you may wish to use a nappy at bedtime