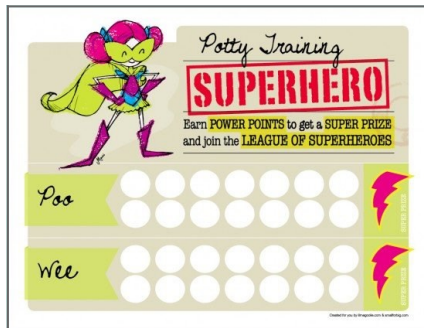


Did you know?

Older children, over 36 months, who have spent more of their lives wearing nappies:

- have learned to ignore body signals and must relearn them, which is difficult
- have become used to wearing soiled nappies/pull-ups and may resist change
- are more independent and more likely to challenge you
- have more "smelly" urine, making their accidents less pleasant to clean.

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For free potty charts and certificates to:
<http://www.pottytrainingconcepts.com/CTGY/FREE-Potty-Training-Charts.html>

training certificates. go

Prepared by Isabelle Britten-Denniee

Redbridge Children's Centres



Toilet training
A simple "how-to"
guide for parents

London Borough of Redbridge

All children learn to use the toilet at different times in their lives and in a different ways. Most children start to show an interest in moving on to a potty or toilet between 2 and 3 years old. Children with a physical problem or learning disability might not be ready to start until they are older.

When should let training



you start toi- your child?

Look for signs that your child is ready to use the potty or toilet. For example:

- Showing discomfort when a nappy is wet or soiled.
- Waking from a daytime sleep with a dry nappy.
- Taking an interest in a potty or the toilet.

Before starting

- Choose a time when you can spend time with your child, when your child seems happy and there are no stressful events like starting nursery, moving house, moving from a cot to a bed, the arrival of a sibling.
- It may take some time for your child to learn, so make sure that you tell your child's nursery/childminder/ pre-school that you are toilet training him/her so you can work together.
- Talk about saying good bye to nappies. You could use a library book on the subject.

- Praise your child first for showing an interest in the potty or toilet and then for using them.
- Accidents are inevitable. Try to be patient and not get cross. Take spare clothes in case of accidents.
- Dress your child in clothes that can be taken off and put on quickly and easily.
- Look at the times your child is most likely to use the toilet, e.g. after meals, when s/he wakes up from a sleep. You could also remind your child to use the potty at hourly intervals.



- Plan a routine you can stick to, until it becomes established (e.g. put on potty half hour after meal).
- Make sure the potty or toilet is comfortable for the child and the child can sit on it without any fear of falling off. Some children may prefer to use a training seat. Using a small step by the toilet can help your child feel more independent.
- Don't limit drinks: your child needs to feel the urge to empty his/her bladder.
- Make sure your child sees you washing your hands so it becomes part of the process of using the toilet.
- If you have any concerns don't hesitate to talk to your GP or health visitor.