Top Ten Tips for Toilet Training

Our Children Our Future

How will I know when to toilet train my child?

All children are different.... Just like learning to walk or talk, all children potty train at different ages. There is no right age, just a right time. Don't stress, allow them to go at their own pace. If you can answer YES to the following questions, your child may be ready....

How will I know when my child is ready?

- *Over two years of age and staying dry for up to two hours*
- *Becoming aware of the sensation of wetting or soiling?*
- *Able to understand and follow simple instructions, also able to attempt to dress and undress selves?*

Getting them ready

- **Provide -** *a potty or new toilet seat with a step, whatever they would prefer.*
- **Loose clothing -** *helps them to attempt to dress and undress their selves. Allow them to choose their own pants, or pull ups are fine*
- **Making it fun with books –** *stories about toilet training (I want my potty), playing with dolls in nappies/pants with small potties. Blowing balloons or bubbles may also help children to relax and poo more easily*

Here we go!

- **Build a routine -** *take them to the potty/toilet every couple of hours.*
- **Make it fun -** *talk and sing with them whilst on the potty/toilet or have a selection of toys/books to keep them occupied.*
- **Praise -** *encourage and reward any successful attempts.*
- **Make it exciting -** *watching wee/poo going down the toilet and making bubbles in hands with the soap afterwards when we wash and dry their hands.*

Gloucestershire Health Trust
www.ghc.nhs.uk/wp-content/uploads/GHC-Health-Visiting-Service-Handy-guide-to-toilet-training.pdf

Institute for Health Visiting
https://ihv.org.uk/for-health-visitors/resources-for-members/resource/ihv-tips-for-parents/health-wellbeing-and-development-of-the-child/toilet-training/

Health for Under 5's
https://healthforunder5s.co.uk/sections/toddler/your-video-guide-to-toilet-training/f

For more top tips please visit
leicestershire.gov.uk/services-for-children-aged-two-years-to-starting-school

or scan here

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