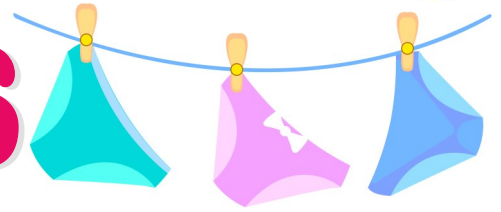




Toileting Tips

Getting started



When should I start?

The thought of staying home to start potty/toilet training can be nerve wracking but it's so much easier to just go for it as part-time potty/toilet training isn't as effective. As we're all staying home it's a great time to get started

How old should my child be?

Every child is different but most are ready between about 18 months and 3 years.

How do I know my child is ready?

Can they sit unaided on a potty or toilet? Can they follow instruction and let you know what they want? Do they stay dry for an hour or two? Do they do a poo about the same time every day? If they can do all these things you are ready to get started.

Keep nappies, wipes and potty in your toilet or bathroom

Keep everything you need to change them in your bathroom or toilet. Change your child in there so they associate wee and poos with the bathroom/toilet.

Chose a toilet seat or potty

If you're using a children's toilet seat make sure you have a foot stool to help support them when they're on the toilet. Also, letting your child choose their own potty or toilet seat can make using it much more fun.

Make sure you have clothes that are easy to pull up and down

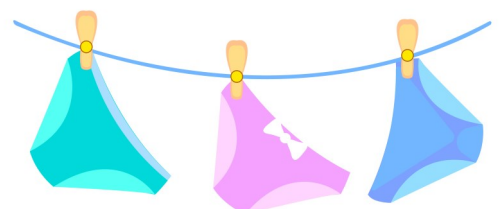
Avoid fiddly zips and buttons. Choose clothes that are easy to wash and dry and practice getting dressed and undressed. Let your child choose their new underwear and practice wearing them to get use to the new feeling.

Should I use rewards for my child?

Small, instant and inexpensive rewards such as stickers are a great - or you could celebrate with a game or a story.

What about praise?

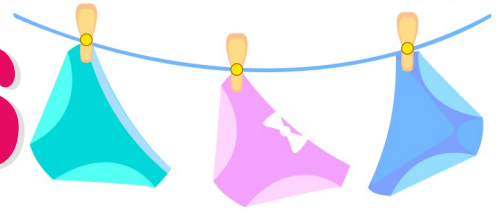
Try to make it a calm and positive experience for both of you. Offer your child lots of encouragement and reassurance. Always reward the efforts they are making rather than





Toileting Tips

Preparing



It can be hard to tell if your child is wet as disposable nappies are so good at soaking up wee and keeping it off the skin.

TIP: Fold some folded kitchen paper into your child's nappy which will stay wet when they do have a wee, as well as letting you know when they've done it too, this may also help your child connect the feeling of doing a wee with being wet.

Get them involved:

Let your child help with changing their nappy. Change them in your bathroom or toilet, let them stand up when you wipe them, flush the paper down the toilet and get them to help with their clothing and wash your hands together afterwards.

Talk about wee and poo:

Tell them if their nappy is wet or dry when you change them and talk wee and poo.

Show that you do wees and poos too:

Leave the toilet door open if appropriate and ask trusted family members such as siblings or other adults to do the same. Young children learn by watching and copying.

Make sure they are drinking plenty:

Make sure your child is having 6-8 drinks of water based fluid a day to help keep their bowels and bladder healthy. Avoid fizzy drinks, drinks with caffeine in them and sugary drinks.

Check for constipation:

Your child should poo at least four times a week and the poo should be soft and easy to pass. If they're passing hard poos or going less often than this, they may be constipated. Leaking, runny poo can also be a sign of constipation.

Get into a routine:

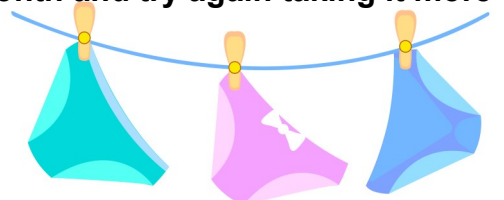
Don't ask your child if they need a wee or a poo as they might not know this is to begin with. Call it 'toilet time' and go 20 to 30 minutes after a meal.

Consistency is key:

If your child is looked after by anyone make sure you let them know that you're starting toilet training and the way you are planning to do it. It really helps if everyone who cares for your child is doing the same thing.

Be patient:

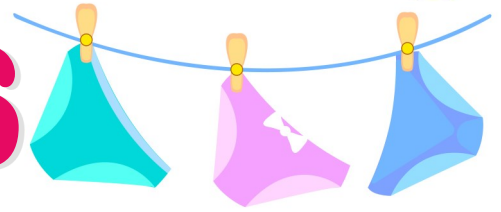
Toilet training is a skill which may take some time to learn, so don't be surprised if there are lots of accidents. Try not to get frustrated or angry - keep calm try not to worry. If your child doesn't seem ready you could leave it for another month and try again taking it more slowly.





Toileting Tips

Top tips for dry nights



Focus on getting your child potty/toilet trained during the day before starting to leave their nappy off at night.

Signs they may be ready for a dry night:

- If your child nappy is dry or slightly damp when your child wakes for a few mornings in a row, they may be ready for night-time potty/toilet training.
- Your child may ask not to wear bedtime nappies or take it off during the night.
- Waking in the night to use the toilet or waking you up to ask for help.

Preparing for a dry night:

Before you begin, think about what's going to make it easier for your child to use the toilet in the middle of the night.

- Put a gentle night light by the bed.
- Make sure they can pull their pyjamas up and down easily.
- Have fresh pyjamas and bedding ready in case of accidents.
- Move your child to the bottom bunk if they are sharing with siblings.
- Encourage your child to stop drinking an hour before bedtime.
- Don't restrict daytime fluids thinking this will help - it doesn't! Make sure they're having at least 6 drinks during the day.
- Try and avoid drinks like hot chocolate and anything fizzy especially before bed as they are more likely to make your child wee at night
- Ask your child to use the potty/toilet last thing before they go to bed and make sure the potty is close by, so they can use it if they need to wee in the night. There are bound to be a few accidents, so a waterproof sheet to protect your child's mattress or under the potty is a good idea.

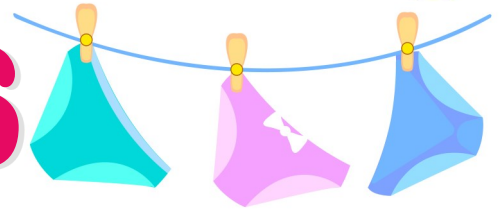
Just like daytime potty training, it's important to praise your child for success. If things aren't going well, stick with nappies at night for a while longer and try again in a few weeks' time.





Toileting Tips

Good habits & further advice



Good toilet habits

- Doing a wee when they first wake up and just before bed should become part of their everyday routine.
- Make sure they aren't constipated (pooing less than 4 times a week), as this will stop their bladder from being able to fill properly.
- Explain to your child why it's important not to keep your bladder waiting to be emptied.
- Lifting your child can be useful in the first few days without nappies, but make sure the light is on and help your child to wake up.
- In the long term, taking your drowsy child to the toilet won't stop their bedwetting as it just allows the child to wee in their sleep into the toilet.

Unfamiliar surroundings and out and about

Newly trained toddlers may not have the same success in unfamiliar surroundings as at home. In fact, any change in day-to-day activities is a common setback. New baby, new home or new childcare setting could mean your toddler may be unsettled as their routine has changed. What we consider minor could be something really big for them. Don't worry, just try to continue the routine as hopefully this will resolve itself in a few weeks

Further advice:

If you need any further information take a look at the ERIC website for some great resources to download. www.eric.org.uk/parents-and-carers

For information, practical tips, signposting and confidential support, call their expert advisors on FREEPHONE 0808 1699 949. Monday - Thursday, 10am to 2pm and is free to call from landline and mobile numbers.

If your child has additional needs:

Potty training children with additional needs can be done in much the same way as a child without. Take a look at *ERIC's Guide for Children with Additional Needs* for more detailed information. www.eric.org.uk/potty-training-children-with-additional-needs



Visit our timetable to find out when our next Tips on Toileting Workshops are running

