

What Next?

- Accidents will happen! It's a natural part of the learning process.
- Toilet training is a skill- it takes time.
- Praise when they get it right and don't make a fuss when they don't. Keep Calm!
- It is okay to stop and start again later-when you feel your child is ready!

Night time training can only be established when your child is dry throughout the day

Key Steps

- Keep Calm
- Be Patient
- Only start when your child is ready
- Prepare:
 - Suitable potty or toilet seat with a step
 - plenty of spare clothes
 - explain toileting steps to your child
 - praise your child's toileting efforts

Advice

Who to speak to if you need any more advice

- Local Children's Centre
- Health Visitor
- GP

GOOD LUCK!

Top Tips for Toileting



Salford City Council



When are children ready to be toilet trained?

Every child is different; they learn to be clean and dry at different times. Usually children start toilet training between the ages of 2-4 years old. Don't feel you have to start just because other people are, wait until your child is ready.

- Choose a time that is right for your child and you, when there is not too much going on at home.
- Start when there is a period of time when your child's nappy is dry.
- Wait until your child shows an awareness of being wet or dry.
- Make sure your child is physically ready to sit on the potty and can pull their pants down.

How to prepare for toilet training?

- Start to have an idea of the time when your child usually wee's or poo's.
- Provide a suitable potty/toilet seat (Don't forget a step if they are using the toilet).
- Talk about toileting with your child, tell them if they are wet/dry.
- Read and share books together about toileting.

Continued.....

- Allow your child to watch you on the toilet.
- Praise, smile, clap and cuddle when they go to the toilet.
- Make sure you have lots of spare underwear and ideally loose clothing that is easy to pull up and down.

Getting started

- Good bye nappies, hello pants, don't substitute nappies for pull-ups (they just feel like nappies).
- Keep to a consistent routine; use toilet, wash hands and give praise. Make it a special time!
- Why not choose a pair of pants together. This might have their favourite cartoon character on or be their favourite colour.
- Don't ask if they need the toilet, they might not know. Simply say its potty time every couple of hours. Sit boys and girls down for no longer than a couple of minutes at one time.
- Provide toys and books whilst they are on the potty.
- Make it a special time and give lots of praise.