



Harry Roberts Nursery School

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Great Ideas for Toilet Training



Here are some useful tips and thoughts that may help you with toilet training.

We know this can be a stressful time, and adults often get anxious.

But toilet training should be a positive experience. This is something to celebrate. Your child is reaching an important milestone and you are helping your child to achieve something really significant and to learn a new life skill.

Remember children pick up on adult emotions so how you approach toilet training will really make a difference.

The vast majority of children should show signs of readiness for toilet training between the ages of 16-26 months. The average age for when they are ready to start is at 2 years old (though not everyone will be ready then). Most children should be dry by the age of 3.

Signs of readiness are:

Your child is aware they have used the nappy.

They may fidget when they need a wee or hide away when they are doing a poo.

They may not wee when they have a short nap.





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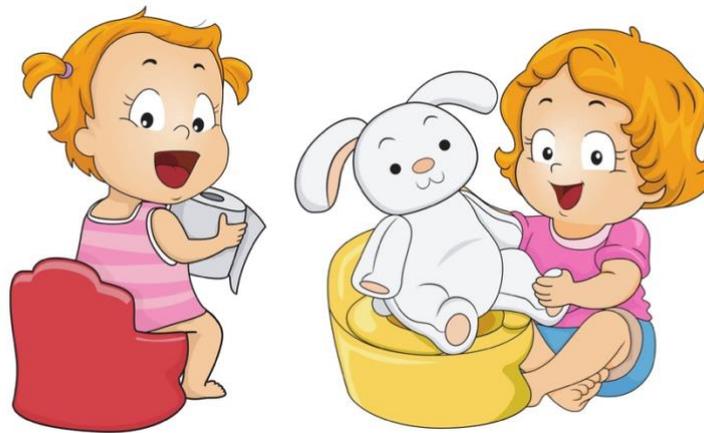
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It's important not to start potty training when your child is unwell or when something else new is going on. Changes like a new baby, a new house, even moving from cot to bed can all be unsettling. Wait till things have settled down again.

Don't launch straight into toilet training. Prepare fun activities first:

Read books about toilet training with your child and listen to toilet training songs - there are lots available on the internet.

Role play using the potty or toilet with toys which are meaningful to your child like Peppa Pig or Spiderman.



Make paper chains to decorate the bathroom - you could add another links each time your child sits on the potty/toilet.

Remember to celebrate all successes and use lots of praise.

Some children will prefer a potty but others may prefer using the toilet straight away. Let them choose.

Buy the potty or child toilet seat together. Let your child choose which design they want.

Put up pictures of the toilet routine not only in the bathroom but in your child's bedroom as a reminder.

The night before you are ready to start toilet training, talk through the toilet routine before bedtime.

Then in the morning start straight away by getting your child to have a try on the toilet/potty when they get up.

Have favourite books, drawing materials etc for your child to use so they will sit for a while on the toilet/ potty.

Then take your child to the toilet every 20 minutes - but warn them 5 minutes beforehand each time that it will soon be time to use the toilet so they are prepared,



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Keep a diary of when your child is actually having a wee. You will start to see the pattern and judge better when you need to take them.



Make sure you talk to the nursery if you are toilet training. It is important that everyone is consistent. Tell the staff which words your child uses for the toilet/potty at home so we all use the same words.

Make sure everyone in your family is positive and consistent too. Involve any brothers and sisters so they understand what's happening and remind them to be kind and encouraging.

Sometimes things will go backwards for a bit - that's normal.

But if your child is getting very distressed, then stop. Just go back to the introductory activities. Then try again after 2-3 weeks

Accidents are also normal. Plan ahead for them.

Stay positive because we want this to be a happy experience.

Children will pick up on how you respond and will even notice the tone of your voice. Even if a child has an accident, stay positive. Use phrases like "keep trying", "have a go next time" and "you're learning"

If you show you are disappointed, your child may feel they don't want to do toilet training as it makes people upset. If you show you are pleased and positive, they will see it as an enjoyable learning experience and will feel very proud of themselves.

