

Toilet Training - What to do!

Step 1

Decide if they are ready: Are they aware they have a wet or dirty nappy? Can they communicate that to you?

Are they interested in other people using the toilet?

Do they have basic language skills to understand a simple request?

Step 2

Buy a potty and put it in the bathroom and tell your child what it is for. Suggest they sit on it. Let them see you using the toilet!

Step 3

Get them to sit on the potty as part of a routine eg after brushing their teeth, before their bath, when you take their nappy off in the morning. If your child always opens their bowels at a regular time, put them on the potty then. They should sit on the potty for a few minutes, no more. If nothing happens, don't comment.

Step 4

When they poo or wee on the potty, give them LOADS of praise.

Step 5

When they have got the hang of this, take off nappies and use pants. Take them to the potty/toilet at regular intervals eg every 45minutes/hour. Expect accidents - but DON'T MAKE A FUSS.

Stick with it - but if toilet training really isn't working then go back to nappies for a while and try again. Don't toilet train at a stressful time e.g. new baby, starting a new playgroup etc.

IT IS VERY IMPORTANT THAT YOU REMAIN CALM DURING TOILET TRAINING - YOUR CHILD WILL PICK UP IF YOU ARE ANXIOUS OR IRRITATED. IF TOILET TRAINING BECOMES A BATTLE OF WILLS IT WILL BECOME VERY DIFFICULT.