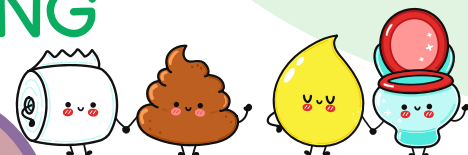


TOILET TRAINING



TOP TIPS

Top Tips for TOILET TRAINING



1. BEGIN

Try to wait until your child has shown some interest in the potty/toilet. They should understand wee and poo and what a wet nappy means. Help them flush the toilet and wash their hands when in the bathroom. **Young children learn best from watching and copying.**



2. POTTY OR TOILET INSERT

Place the potty in a warm room, add books and toys to keep your child happy and interested.. If you go out take the potty with you, This helps your child understand that **every time they need the toilet they should be using the potty.**

3. ROUTINE

3. Develop a routine that fits in with your family life and stick to it. Only introduce toilet training when there are no big changes to your family's routine. Encourage your child to sit on the potty after meals. **At the beginning try and put your child on the potty every 60 minutes.**



4. POTTY TRAINING PANTS/PULL-UPS



Disposable or washable potty pants are handy and give children confidence as they are swapping their nappies for "grown-up" pants. They do not soak up as well as disposable nappies, so your child will find it easier to know when they are wet. **If they are not ready to stop wearing nappies, put a piece of folded kitchen paper in their nappy. It will stay wet and will help you child know what wet feels like.**

5. REMEMBER

When your child sits on the potty, give praise and encouragement. Accidents will happen, but don't worry about this. **Just remind your child how well they are doing.**



6. POTTY TRAINING WITH A DISABLED CHILD

Some children with a long term illness or disability find it more difficult to learn how to use a potty or toilet. This can be challenging for them but it is important not to avoid potty training for too long. For more information visit [CONTACT CLICK HERE](#)

