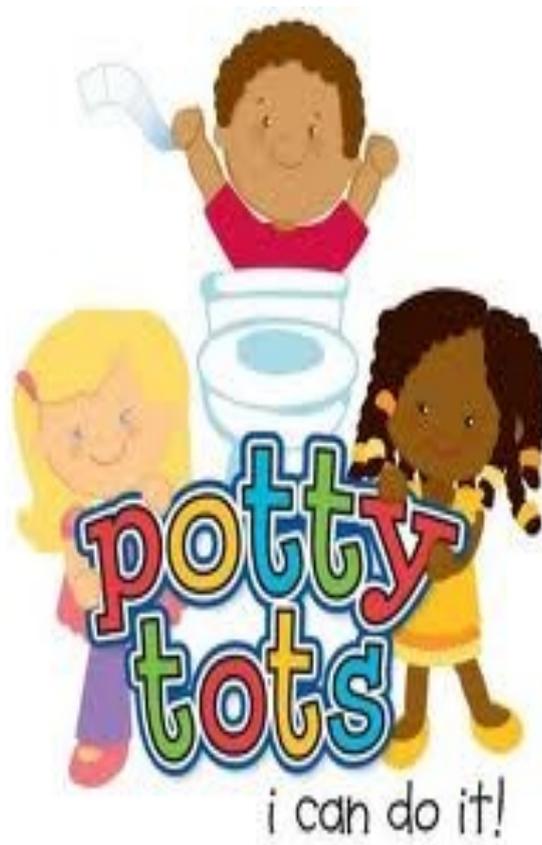




# Are you ready for Potty Training ?



# Potty Training

Is my child ready?

What are the signs of readiness?

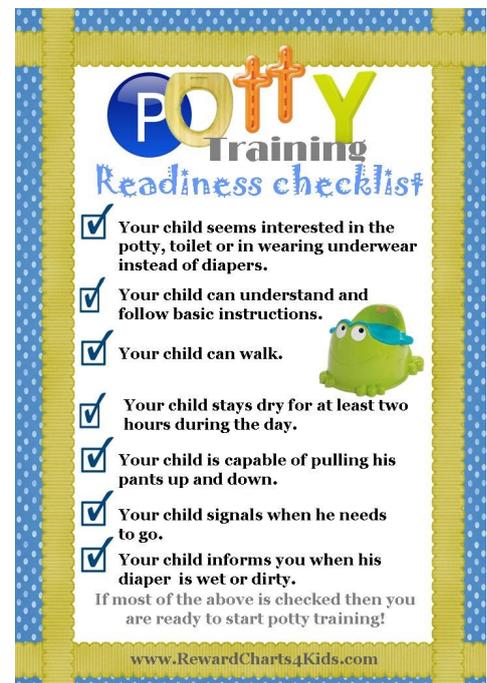
There is no standard age at which a child is ready to start using the potty. But most children gain the skills they need to start training when they are between 18 months and 3 years old.

Girls tend to be ready a few months earlier than boys.

- Shows an interest in the bathroom.
- Can pull their own pants up and down with only a little help.
- Has dry periods for at least 2 hours or, wakes up with a dry nappy after a nap. These are indicators that your child's bladder muscles are developed enough to hold their wee in and store it.
- Has regular, soft formed poos at relatively predictable times and doesn't poo during the night.

Behavioural signs of readiness

- Demonstrates a desire for independence.
- Shows signs of discomfort when their nappy is wet or dirty.
- Shows a wish to please and enjoys praise.



## Cognitive signs of readiness

- Your child can understand and follow simple instructions and requests such as:

“Do you need a wee?”

“Where’s the potty?”

- Your child might have their own words for wee and poo.
- Shows awareness that they are having a wee or poo.
- They may stop what they are doing for a minute, or go some where else.
- They may come and tell you that they have had a wee or poo.
- They may even begin to tell you that they need a wee or poo before they do it.

## Your Plan for potty training.

- When do you want to start?
- How you want to start?
- Will you be introducing rewards?
- Think about implementing potty training around your child’s routine.
- You can also try sitting your child on the potty before bath time.
- How will you’ll handle accidents.
- Be prepared you will need extra changes of clothes and more washing.
- Talk to your child about potty training and let them choose their own underwear.



## How long will potty training take to succeed?

Though a few children finish in just a few days, others need weeks, or months, especially when it comes to completing night training.

- Let your child set the pace and get use to this new process step by step.
- Stimulate your child's interest with stories and encouragement.
- Remain positive your child is learning a new skill so be supportive.

## Accidents oops!

Virtually every child will have accidents before completely trained during the night and day. Start with the morning routine of going to the bathroom encourage your child to sit on the potty if only for a few minutes.

## Potty's

Toddlers often prefer to use a potty instead of the toilet. When choosing a potty check it's the right size comfortable to sit. The toilet may feel too big and your child may be afraid of falling in.

- You can buy a toilet seat cover to fit over the existing seat and a toilet step to help your child reach up onto the toilet seat.
- You can sing rhymes and songs or read a story when your child is sitting on the potty .

## Nursery

- Work in partnership with the nursery staff inform the key person that you will be introducing your child to potty training at home, so you would have built up a positive experience for your child.
- The staff team/key person will follow potty training at nursery.
- Please bring extra spare clothes and underwear.
- For more advice and support speak to your Health Visitor.

Please don't worry each child is an individual they will need time and reassurance to be fully toilet trained.