

A Guide to Successful Potty Training



The process of beginning to potty train your child can, for some parents, be a fairly anxious or difficult time, but it doesn't have to be too stressful, provided you have realistic expectations at the outset, plenty of time and lots of patience.

Remember that children vary enormously as to when they are considered to be 'ready' for potty training and it is best not to take too much notice of well meaning relatives and friends who may all offer conflicting advice and opinions!

Children need to be able to control their bowel and bladder movements, have a desire to be clean and dry and ideally be able to tell you that they need to use the potty.

Some children may be dry during the day at 2 years old although this is quite early. By 3 years old, many children will be dry most days, although accidents will still happen

and by 4 years old, the majority of children will be dry.

Becoming dry overnight takes longer but will happen at some stage between 3 and 5 years.

It is usually best to start toilet training when the following begin to occur:

- **When they begin to tell you that they have done a wee, wee or poo, OR that they are about to 'go'.**
- **When they have long periods of time where their nappy is dry.**

If your child has a bowel movement at a regular time of day, such as just before bath time, have a potty around and take their nappy off, suggesting that they sit on it. If they don't want to, this is fine, just try another time.



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If your child is giving you some warning that they are about to 'wee', then you should encourage them to use the potty. Praise them if they are successful but if they are not, just mop it up and change clothing as needed without any fuss. This process can be quite lengthy for some children but for others, they soon understand and are quite delighted about their achievements.

It is not usually advisable to provide rewards for successful potty training as children are usually happy just to see how pleased you are!

For some children, other tips can be useful such as involving them in buying a potty in their favourite colour, pants with a design that appeals to them or by observing friends or siblings using the potty confidently.

Discuss your potty training plans with your child's Key Person so that there is the same, relaxed approach at nursery and at home. We can both work together to support your child to make the big step from nappies to pants.

