

Tips for keeping your child motivated:

- Give your child plenty of encouragement and praise when they use the potty or manage to stay dry, even if it's just for a short time.
- Try to stay calm when accidents happen and do not make a big fuss.
- Give your child the opportunity to do things for themselves as far as possible.
- Use favourite toys, books or songs to help them feel comfortable on the potty.

Managing potty training accidents

It is normal to have lots of accidents at the beginning and they are an important part of the learning process. This is a big step for your child, so be patient and encourage them.

Supporting children with additional needs

Children with special needs such as delayed speech, autism or a physical disability may find the process towards stopping wearing nappies more difficult.

These children often need more support with learning to use a potty or toilet. This can be challenging for them and for you, but it's important not to put off potty training for too long.

Almost all children can learn to be clean and dry, but the longer they wear nappies, the harder it may be to introduce a new place for them to wee and poo.



Some children take to using a potty quickly, others take more time. Remember, this is a new skill for your child and having accidents is part of the learning process.



A guide to support parents with toilet training.

Learning how to use the potty independently and stopping wearing nappies is a big milestone for your child. There are lots of new and exciting skills for them to learn with your help.

It begins with **preparation** to use the potty, moving on to **practising** potty skills before eventually **stopping using nappies** as your child gains confidence.



Information sourced from —<https://eric.org.uk>

When should you start potty training?

We recommend that you start early because babies are born ready to learn new things. Understanding how to use a potty is an important skill you can teach your child.

Children learn best through practice and repetition, and you are their best teacher.

You can start to teach your child to use a potty before they stop using nappies. This can give them all the time and practice they need to succeed with being independent from nappies when the time comes.

Potty Learning

Potty learning means helping your child use a potty or toilet as part of their overall learning. Most parents find a good time to start helping their child learn potty skills is from the time they can sit up, usually around 6 months.

Using this method, you can encourage your child to stop using nappies once they are ready to master potty independence (usually from around 18 months).

The more practice and help your child gets, the easier it will be when you decide to stop using nappies.

What equipment is needed for potty training?

- A potty (more than one ideally).
- Some children may prefer to go straight to using the toilet. If this is your child, get a children's toilet seat and a step stool to help them.
- A travel potty can be helpful when you and your child go out.



Tips for the preparation stage:

- Try to change nappies or pull-ups as soon as they are wet or soiled.
- Leave your child's nappy or pull-up off for up to 30 minutes after your child has had a wee or poo.

Tips for the practicing and perfecting stage:

- Look for signs that your child may need a wee or poo. E.G, fidgeting, hiding.
- There are no fixed rules about how often to help your child use a potty, but good times to try include are after they wake and after meals.
- Help your child develop other helpful skills such as words or signs that they can learn to help communicate their needs to you and by pushing their pants down and pulling them up independently.

Tips for when you stop using nappies all together:

- Tell your child it is time to stop using nappies. Make sure it's a good time for you as well as your child.
- Try to avoid using pull-ups or going back to nappies
- Make sure your child is drinking enough during the day. Aim for 6-8 drinks a day. Water is the best drink.
- Dress your child in clothes that are easy for them to get on and off.

Nap times

Once your child has stopped using nappies in the daytime, it's best to stop using them at nap time as well. Teaching your child to sleep without a nappy and use the potty when they wake up, will help prepare them for being dry at night.

- Just before nap time, help your child use the potty or toilet.
- Accidents are common during the first few months. Use a waterproof sheet or similar underneath your child, to protect their sleep area.
- Lots of children need to use the potty when they wake so help them to do this.