

POTTY TRAINING



Potty training is a big step for your child. It is a new skill that they have to learn & it needs to be taken at your child's pace. Each child will be ready at different times – there is no set age, but most are ready around 18 – 27 months old.

The best time to start is when both parent & child feel ready – it is important to look out for key signs that your child may be ready to start potty training & it is important that you as a parent have the time to commit to potty training.

Girls generally tend to potty train faster than boys and nighttime training can take a while longer than daytime training.



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Is your child ready?..

Stays dry for a couple of hours a day / has dry nappy

Takes an interest when you go to the toilet

Your child lets you know they want their nappy to be changed

Pulls their nappy off

Gets distressed in soiled nappy

Fetches their potty and indicates they want to use it

Has bowel movements at regular times of the day

Dry nappies in the morning may indicate ready for night training.

They tell you when they need a wee/poo

Getting ready tips...

Introduce a potty:

You can introduce a potty to your child around 18 months – let your child pick their own potty. You can encourage your child to use it around nappy change times or after meals.

Make it interesting:

Have books and/or toys to hand to keep your child occupied whilst they are sitting on the potty to avoid them getting bored.

Buy underwear:

Having underwear that your child has chosen may help them to crack potty training as they will be keen to wear their chosen underwear.

Sticker charts:

If your child likes sticker rewards, then a reward chart may help support potty training time.

Stay patient:

Potty training isn't always easy, but it is key that you remain patient & reassuring so to avoid your child becoming anxious.

Answer/ask questions:

Take time to answer any questions your child has about using the potty as this will help to alleviate any worries they may have. Ask questions to encourage them to talk to you about it.

Expect setbacks:

There will be times that you feel like progress is going backwards. Consider if anything is happening in your child's world to cause this? Are they under the weather?

Appropriate clothes:

Ensure your child is dressed in clothes that are easy to pull up or down.

Be Prepared:

Always be prepared when leaving the house during potty training – extra clothes & potty.

Show your child with praise each time they use the potty

Possible problems...

If your child doesn't want to use potty – don't force them – give them another month & then try again

If your child doesn't want to stay sat on potty, try to make the time interesting with books or toys

If your child keeps wetting themselves, you could try postponing potty training for a few weeks

Accidents will happen but try not to show your child your frustration

Remember changes of routines or a disruption (new baby/new house etc) can cause issues/regression

If your child has been dry for a while and then starts wetting themselves – consider any factors that may be affecting them including illness

Sound of the toilet flushing can be upsetting for some children