



Top Tips to Toilet Training

Prepare yourself:

Your child will need



YOU to be patient and
Decide if you are going
bedtime or 'No Nappies'

understanding with them.
to continue to use nappies for
at all.

Prepare your child:

Go together to buy some 'Special' pants or knickers.

Allow your child time to observe an older sibling or yourself using a toilet. Talk about what a toilet is for. Let them help flush the toilet. Talk about washing hands after using the toilet. Visit your local library and select a couple of fun books about toilet training that you can enjoy with your child. Make sure your child has clothing that allows them to become independent e.g. pull up jogging bottoms. (Buttons and zips are very difficult when you are learning to use the toilet!)

Getting Started:

Decide on a 'start date' (weekends are best) and start a week before to introduce the above and do a 'count down' to NO MORE NAPPIES day.



Day 1:

As soon as your child wakes up, remove their nappy and take them to the toilet. Give your child a little time - singing a song together often helps.

For the rest of the day take your child to the toilet every 15-20 minutes. You might find your child saying "No". This is normal behaviour as your child is yet to make a real connection with needing to go to the toilet and actually going.

If you see your child wriggling this is a sign for you to take them.

Saying "Let's go and have a try" and "Let's see if you need a wee" can often help. Avoid asking your child if they 'want to go to the toilet' as they still have not developed the understanding of this question.

You may also already be familiar with your child's toileting routine so try and take them at these times too.

Continuing:

Continue this routine, slowly lengthening the time between visiting the toilet. E.g. You might take them every 30-40 minutes on day 3 and every hour by day 7. This does depend on each individual child and you should only extend the time to what feels right for your own child.

Please make sure you continue this routine at home and when you are out.

Putting your child in nappies just because you are going out will only lead to them being confused and therefore not supporting the process. When going out just remember to pack some spare pants/knickers, spare clothing, wipes and a carrier bag to put wet clothes in.

If you are going to use a nappy at bedtime only put this on just before your child is going to bed.

Note: 'Pull Ups' are nappies without the sticky tag!

If you are facing any difficulties please talk to staff at the nursery.

We are happy to listen and to work with you to make this transition a success!