

Top tips for potty training

Knowing the signs:

Every child develops at a different pace, so it's good to know what to look out for when your little one is showing you signs they're ready to potty train rather than their age.

Focus on whether they are ready as an individual and resist that urge to compare them with other children of a similar age.

Usually when a child is ready to begin their potty training journey, the signs to look out for are:

- They understand when they are having a wee and may tell you they're doing one.
- They recognise when they have a wet or dirty nappy and may pull at it, take it off or ask you to change it.
- There may be visible signs your child needs to go to the toilet, like fidgeting or going somewhere quiet or hidden.
- They know when they need to wee and may say so in advance.
- You might find your child starts to take more of an interest when you, your partner or older brothers or sisters go to the toilet.
- Sometimes your child may wake up at night.



Things to avoid:

When beginning potty training there are a few things to avoid, such as

- Putting a nappy back on when travelling outside of the house but then not using potty if child asks for wee “its ok wee in your nappy”
- Avoid being negative if a child has an accident
- Remember to give plenty of reminders.



Top tips to consider:

Be prepared- Your child might enjoy a special shopping trip to choose a potty or toilet training seat. You can also encourage them and get them excited about potty training by letting them choose their own pants. Some parents like to buy a travel potty for taking out and about. While others simply use toilet facilities while on the go. Parents can also purchase disposable pads for travel in the cars.

Put the potty out in sight- It's a good idea to put the potty out at home where your child can see it and get used to it before you start potty training. Let your little one see and explore it and talk to them about how they can use it. They may like to sit on it fully clothed first. Usually sitting on the potty at nappy changing times or before the bath can begin that stepping stone into potty training.

Timings- If your child tends to go to the toilet at the same time each day, for example first thing in the morning, take advantage of this daily habit. Try keeping their nappy off and suggest they try using the potty first thing, or if they tend to go after a meal try then. You might also start to recognise signs they are about to go and may be quick enough to encourage them onto the potty in time.

Be patient- Using a potty is learning a completely new skill for your child. It might take time to master it and it's best to go at your little one's pace. It can sometimes feel frustrating, but they will get there in their own time and you will be so proud when they do.

Keep it fun and exciting- give lots of praise and encouragement, even if nothing is happening for a while. Distraction while on the potty can also encourage children to sit for longer periods of time. For instance, singing songs or reading a story.

