

Toilet Training - Tips and advice for parents



Using the toilet is a new skill for your child to learn. The majority of children are toilet trained by the age of 3. It is a good idea for your child to be toilet trained before starting in the Nursery Class.

We recommend following ERIC's evidence-based '3 Step Let's Go Potty' programme:

Step 1: Preparation

- Let your child have a look at the toilet - flush it, put toilet paper down it, move the lid up and down and sit on it. This ensures they become familiar with the toilet
- Talk about the toilet during nappy changes and change their nappy in the bathroom, so they become used to going to the bathroom for toileting
- Encourage them to sit on the toilet at every nappy change
- Talk to them and get them excited about wearing pants

Ask them

Your child may have their own words for wee and poo.

Talk to them so that they tell you when they have had a wee or poo, and encourage them to tell you when they need a wee or poo before they do it.

Do you need a poo?

Do you need a wee?

Get them excited about wearing pants!

- Buy some nice ones if you can
- Talk to them about being grown up
- Help them to feel excited and in control



Step 2: Practice

- Put your child in pull ups instead of a nappy to begin with
- Show your child how to pull their trousers and pull up up and down and let them practise
- Encourage your child to sit on the toilet and try for a wee every 30 minutes - 1 hour, after they wake up, after eating a meal and anytime they show signs of needing to go
- Practice good hygiene by washing and drying hands
- You could use stories and toys to help to show and explain how to do it.

Books

I Want My Potty by Tony Ross
Pirate Pete's Potty by Andrea Pinnington
Princess Polly's Potty by Andrea Pinnington
Have You Seen My Potty by Mij Kelly
On Your Potty by Virginia Miller
Lulu's Loo by Camilla Reid
Aliens Love Underpants by Clare Freedman
The Queen's Knickers by Nicholas Allan
Father Christmas Needs a Wee! by Nicholas Allan

