

Top Tips For Toilet Training



START WELL

Is my child ready to start toilet training?

Most* children should be ready to start toilet training by the time they are 2, but it's all about timing.

Look for signs that they are ready:

- ★ Is their nappy staying drier for longer during the day?
- ★ Can they take off their clothes and nappy themselves?
- ★ Are they showing an interest in using the toilet?

By age 2, some children may be dry during the day.

By age 3, 9/10 children will be dry most days but may have the odd accident, especially when excited, upset or distracted. If they have started nursery or school, they should be able to use the toilet and not wear daytime nappies or pullups.

By age 4, most children will be reliably dry during the day.

It can take children longer to be dry through the night.

All children are different so be patient and stick with it. Follow some of our top tips overleaf and speak to other parents about what they have done.

Above all - don't give up, you'll get there!

***Except for children with special educational needs and disabilities**

For more information call the team on:

0300 029 0029

or visit www.haltonhealthimprovement.co.uk



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Do's:



Get them used to the toilet by just sitting on it



Empty nappies down the toilet so the child can see where it goes



Use clothes that can be easily taken off by the child themselves



Start to use proper underwear as early as possible instead of nappies or pull-ups



Celebrate successful attempts to use the toilet



Talk to other parents about their experiences but remember all children are different!



Stick with it! What works for one may not work for another - but don't give up, you'll get there!



It may take a few attempts before they use the toilet so make a big fuss of them when they do - it's a big achievement!



If your child continues to have difficulties going to the toilet, speak to your health visitor or GP for advice

Don'ts:



Don't leave it too late to start toilet training - most children should be ready by the time they are 2 years old



Don't tell them off if they can't do it or have an accident - it takes time, just be patient



Don't use negative words when talking about wee or poo - it's natural so don't call it dirty or stinky



Don't stress if your child is dry during the day but not always at night - this can take longer



Don't be tempted to use nappies or pullups 'just in case' when you go out - take spare clothes with you in case of accidents but don't make a big deal out of it if it happens



Don't expect the nursery or school to do **all** the work to toilet train your child. They'll help you but you must continue the work at home. The more time a teacher has to spend changing nappies means less learning time for your child



Don't swap between nappies and pants - be consistent. Once your child is out of nappies, stay that way.