

TOILET TRAINING – TOP TIPS

What to do:

- ❖ Make sure your child is having enough to drink – 6 drinks of at least 200mls a day!
- ❖ Make sure your child is not constipated – your child needs to be passing a soft stool with no pain or straining at least 4 times in a week
- ❖ Choose clothes that are easy to handle
- ❖ Associate wee and poo with the bathroom – move all nappies, wipes etc into the bathroom, change in the bathroom
- ❖ Make the toilet environment welcoming, have a footstool to aid good sitting
- ❖ Talk about wee and poo – make it a part of normal life
- ❖ Show the child that parents do wee's and poo's
- ❖ Put poo in the loo and say bye to poo (use Pooland app to show poo goes in the loo)
- ❖ Talk about wet and dry - tell the child if their nappy is wet or dry when changing the nappy, show the child wet and dry by using kitchen roll.
- ❖ Get your child involved in the nappy changing process – change standing up, get them to handle clothing and make sure they wash their hands when finished.
- ❖ Get your child motivated – plan a reward system for simple things such as good toileting sitting, getting themselves changed
- ❖ Say goodbye to nappies/pull ups and start using knickers/underpants
- ❖ Sit your child on the toilet every couple hours
- ❖ Have a bag of toys for use in the bathroom while the child sits on toilet
- ❖ Give lots of praise and encouragement
- ❖ Clean up your child with minimum fuss and conversation
- ❖ Get your child to help with wiping their bottom- this is a skill they need to learn
- ❖ Be patient

What not to do:

- ❖ Don't expect instant results
- ❖ Don't at first ask your child if they need a wee or poo – they may not recognise this straight away
- ❖ Don't be surprised if at first there is a lot of accidents – this is part of the learning process
- ❖ Don't reward dry/clean pants – only reward things your child has control over (sitting on toilet)
- ❖ Don't use pull up's – these are still nappies Pull up's absorb very well leaving the child unable to tell if wet or dry.
- ❖ Don't switch between pull up's and pants
- ❖ Avoid using clothes with buttons and zips – use clothes easy to pull up and down
- ❖ Do not restrict fluids
- ❖ Avoid taking your child to the toilet too frequently
- ❖ Don't show anger, frustration or concern
- ❖ Never leave the child sitting on the toilet for over 5 minutes
- ❖ Don't expect your child to be dry overnight straight away

For further information contact your School Nurse Louise Benn or visit the ERIC website

<http://www.eric.org.uk>