

ERIC's Guide to Potty Training



Hi, we're

WEE & POO

It's time to teach
us where
to go!



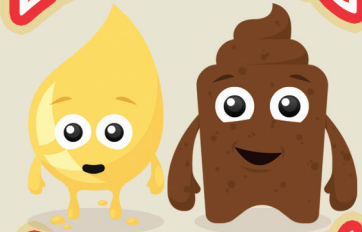
How do you know when to start?

- Every child is different – they learn to walk and talk at different times, and to be clean and dry at different times. You know your child best so don't feel that you have to start potty training just because other people are!
- Choose the right time not only for your child but for you too...if you're busy with a new baby or moving house then potty training is not a good idea! Check with other people who look after your child – it's important everyone does the same thing so they need to be ready too.
- Children are ready for potty training between about 18 months and 3 years old. They need to be physically ready – able to sit themselves on the potty and get up when they've finished – and mature enough to follow instructions and communicate with you.
- Get tuned in to your child's wee and poo habits:
 - Do they poo at about the same time(s) every day? This will help you to know good times to sit on the potty.
 - How often are they doing a wee? Babies do lots of little wees, but as the bladder develops it learns to store more so toddlers do fewer, bigger wees. If their nappy can stay dry for an hour or two they should be able to keep their new pants dry for a while.
 - Today's disposable nappies soak up the wee really well. If it's hard to tell when they've done a wee, try putting some folded kitchen paper inside the nappy as this will stay wet. As well as informing you this might also help your child to associate weeing with being wet.
- If they are beginning to show some signs of awareness of when they have done a wee or poo they are recognising the signals their body is giving them, so get them ready for potty training...

Getting ready

LEARNING

Get your child involved with the nappy changing process. Change them standing up, get them to help with their clothing and when you've finished wash your hands together.



Get your child motivated! Plan a reward system like a sticker chart. Catch their interest by rewarding simple things like getting themselves dressed and washing their hands.

Talk about wee and poo... or whatever you prefer to call them.

Choose the terms you want to use and ask everyone who looks after your child to use them.

Tell your child if their nappy is wet or dry when you change them; talk about the wee and/or poo it contains.

Other people in the family do it too! Encourage members of the family to leave the bathroom door open and allow your child to know what they are doing. Children learn by watching what we do and copying.

Read some picture books together – there are lots available from the ERIC shop, like *How to Potty Train* by Judith Hough and Diane Titterton.

Sort out wee and poo in the bathroom! Help your child to associate wee and poo with the toilet by always changing their nappies in the bathroom, emptying poo into the toilet, flushing it away etc.

Talk to your Health Visitor and/or staff at your local Children's Centre. They will be able to give you advice about potty training, and to let you know of any parenting groups that you could attend.

Children with Special Needs can often be potty trained too. Go to www.promocon.co.uk, look in the publications section and read their leaflet *Toilet Training Children with Special Needs*. You'll want to plan carefully and prepare thoroughly.



For information and support on bedwetting, daytime wetting, constipation and soiling and potty training call ERIC's Helpline on **0845 370 8008**

Email
helpline@eric.org.uk

Website
www.eric.org.uk

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The production of this leaflet has been supported by *Dry Like Me*



The award winning disposable potty training pads that bridge the gap between nappies and pants. Dry Like Me fit into the child's pants to catch small accidents and help them learn their body's cues for the loo.

For more information go to
www.drylikeme.com

Also in this series of leaflets:



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