

NIGHT TIMES



- The 'normal' toddler will be night trained somewhere between 18 months and **8 years**
- Try waiting until your child (asks to go without) or has dry nappies first thing in the morning before trying without a nappy overnight
- Offer the potty or toilet just before bed time
- Offer the potty or toilet first thing in the morning
- Don't give them a drink just before bed

PULL—UPS

You do **not** have to use Pull-ups.

They can help but they can also slow down toilet training because they hold the wee so cleverly that your child may not even know they are wet.

They can also be difficult to pull up and down.

If you want to get your child out of Pull-ups you can try the following:-

- Put them in pants – they will probably not like feeling wet or dirty
- Praise and reward - use stickers and a chart to reward them for using the toilet and/or for wearing pants
- Tell them how grown up they are!
“look pants, just like mummy’s / daddy’s”
- Carry spare pants with you
- Try starting at a weekend or when you have more time
- Put them in clothes that they can easily pull down
- Tell their teacher or other people who care for them what you are doing

Don't get cross

Be consistent

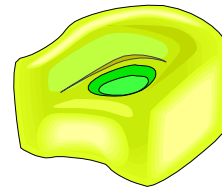
Keep positive

WANT TO KNOW MORE?

If you want more support with Potty training or you have any questions contact your own health visitor or contact us at the Early Years Team.

Early Years Team
Learning and School Improvement
West Court
County Hall
Dorchester
Dorset
DT1 1XJ

Phone: 01305 225633/35



Children only become toilet trained when **they** are ready!



TIPS FOR POTTY (TOILET) TRAINING



Potty training is about helping children gain control of their body functions.

The ability to control bladder and bowel functions is as individual as each child so try not to compare your child with others.

For a child to become toilet trained they need to have conscious control over their bladder and bowel – they need to be able to recognise the signs that they need a wee or a poo.

Most children gain voluntary control between 18 and 36 months

READY?

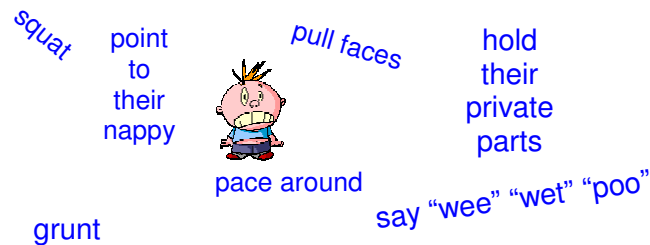
Are you ready?

- choose a time that's good for you not when you're moving house or starting a new job!



Are they ready?

- Do they know when they have had a wee or a poo?
- Do they show you they want to go...?



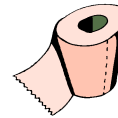
- Can they pull clothes up and down by themselves?
- Do they prefer clean nappies? Praise your child when they tell you they need changing
- Are there longer gaps between wet nappies? You can encourage this by changing nappies regularly



Learning to use the potty is not usually fast or consistent

HOW?

- Decide when you want to start
- Talk about what you are doing
- Remember patience and praise



Leave the empty potty around for your child to discover



Let them see you use the toilet



Let them sit on the potty with their clothes on then try with just a nappy on then after you've taken a dirty nappy off

Try offering the potty after a meal or before a bath or first thing in the morning



Remember to wash your hands and get them used to washing their hands too!

Other things to do...

- When you change their nappy talk to them about the nappy and what's in it.
- Start training in the warmer/drier weather so they can run around without a nappy
- Choose clothes that are easy to pull down – no fiddly buttons
- Give them a small reward (maybe a sticker) for using the potty
- Say how grown up and clever they are



What type of potty?

- It doesn't have to be big or flash – a cheap small potty which you can move around quickly and easily will do just as well if not better than a 'throne'!
- Have more than one potty – so you don't have to



move far

DON'T

- **Don't** force them to use the potty
- **Don't** make them wait if they ask for the potty
- **Don't** make them sit on the potty for too long

Don't tell them off accidents — accidents are happen



if they do have **normal and will**

When something happens in the potty (which may just be due to luck) give them lots of praise

REMEMBER

A toddler's short attention span means they are easily distracted –keep the steps simple and repeat them



Don't rush – sometimes the later they learn the quicker they will learn