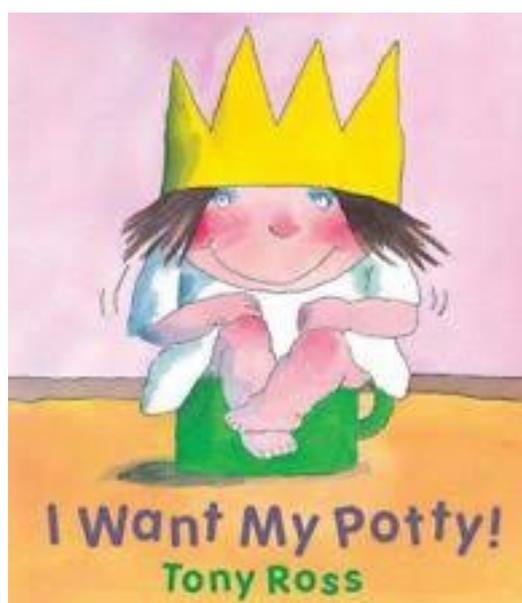


Our Little Owls Parents Guidance to Potty Training

Using a potty is a new skill for your child to learn. It's best to take it slowly and go at your child's own pace. Being patient with them will help them get it right, even if you sometimes feel frustrated.

Children are able to control their bladder and bowels when they're physically ready every child is different, so it's best not to compare your child with others.



Bear in mind that most children can control their bowels before their bladder.

Remember, you can't force your child to use a potty it should be a fun experience for your child. If they are not ready, you won't be able to make them use it. In time, they will want to use one.

In the meantime, the best thing you can do is to encourage the behaviour you want.

Most parents start thinking about potty training when their child is between 2 and 2 and a half, but there's no perfect time. Some parents find it easier to start in the summer, when there are fewer clothes to take off and washed clothes dry more quickly.

Try potty training when there are no great disruptions or changes to your child's or your family's routine. It's important to stay consistent, so you don't confuse your child.

If you go out, take the potty with you, so your child understands that you'd like them to wee or poo in the potty every time they need to go. Check that any other people who look after your child can help with potty training. This includes your child's time spent at Nursery. It is important for you to discuss this with your Child's keyperson and we can support both your child and yourself at Little Owls.



There are a number of signs that you can look out for to see when your child is starting to develop bladder control:

They know when they've got a wet or dirty nappy

They get to know when they are weeing and may tell you they are doing it

The gap between wetting their nappy is at least an hour (if it's less, potty training may not work and at the very least will be extremely hard work for you)

They may show they need to wee by fidgeting or going somewhere quiet or hidden

They know when they need to wee and tell you in advance.

Getting Ready for Potty Training

Using a potty will be new to your child, so get your child used to the idea gradually. It's usually easier if boys start by sitting on the potty before they switch to standing up later on.

Talk about your child's nappy changes as you change them, so they understand wee and poo and what a wet nappy means. Help your child to flush the toilet and wash their hands is also a good idea.

Leave a potty where your child can easily see it and explain what it's for. Children learn by watching and copying. If you've got an older child, your younger child may see them using it, which will be a great help. It helps to let your child see you using the toilet and explain what you're doing. Using your child's toys to show what the potty is for can also help.

You could see if your child is happy to sit on the potty for a moment, just to get used to it, when you're changing their nappy, especially when you're getting them dressed for the day or ready for bed at night.

How to start potty training

Keep the potty in the bathroom. If that's upstairs, keep another potty downstairs so your child can reach the potty easily wherever they are. The idea is to make sitting on the potty part of everyday life for your child. Encourage your child to sit on the potty after meals, because digesting food often leads to an urge to do a poo. Having a book to look at or toys to play with can really help your child sit still on the potty and can help occupy them.

If your child regularly does a poo at the same time each day, leave their nappy off and suggest that they go in the potty. If your child is even the slightest bit upset by the idea, just put the nappy back on and leave it a few more weeks before trying again.

Encouraging your little person to use the potty to wee will help build their confidence for when they are ready to use it to poo.

Put your child in clothes that are easy to change and avoid tights and clothes with zips or lots of buttons.

Lots of lovely praise from you will help your child immensely. Sticker charts can support this too.

Disposable or washable potty-training pants (also called pull-ups) can be handy when you start potty training and can give children confidence when it's time to swap nappies for "grown-up" pants. They don't soak up wee as well as disposable nappies, so your child will find it easier to tell when they are wet.

Night-time potty training

Focus on getting your child potty trained during the day before you start leaving their nappy off at night. If your child's nappy is dry or only slightly damp when your child wakes for a few mornings in a row, they may be ready for night-time potty training.

Ask your child to use the potty last thing before they go to bed and make sure it's close by, so they can use it if they need to wee in the night. There are bound to be a few accidents, so a waterproof sheet to protect your child's mattress is a good idea.

Just like daytime potty training, it's important to praise your child for success. If things aren't going well, stick with nappies at night for a while longer and try again in a few weeks' time.

Using the toilet instead of the potty

Some children start using the toilet instead of the potty earlier than others.

A child's trainer seat that clips onto the toilet can help make your child feel safer and more confident on the toilet. A step for your child to rest their feet on gets your child in a good position for doing a poo.

If you have a boy, you need to make sure they sit on the toilet every day to poo.

All children will be ready for potty training at different times. This should be a fun and rewarding time for your special little person and your family so please do not rush this and enjoy this next stage of development for your child.

