

Truro Nursery School

Top Tips for Potty Training

Children learn to control their bladder and bowel with practice. The recommended time to stop using nappies is between 18 and 30 months. Please don't worry or get anxious this will rub off on the children. Some children might prefer to use a toilet rather than a potty—help them by having a small step and a family toilet seat so they don't fall through!



Preparation before potty training

- Make sure children are drinking plenty in the day especially water based drinks. (Blackcurrant can be a problem with bed wetting later on so perhaps avoid)
- Introduce the potty, encourage children to sit on it for a few seconds/ a minute before having a bath for example.
- Read books which introduce a potty.
- Allow children to have short periods of time to not wear anything—have the potty to hand and be prepared for accidents!
- Change nappies/pull ups frequently so that they learn to feel dry
- Try changing children standing up this will allow you to take the nappy off, have a quick sit on the potty and then put a new one on.
- Disposable nappies are so good that children often don't feel that they have been for a wee—you can line them with a washable cloth when you are preparing to potty train.

Next steps

- Dress them in easy clothes e.g. tracksuit bottoms
- Sit on the potty regularly e.g. after meals, when they wake up, before bed.
- Encourage them to signal when they are doing a wee or poo either in the nappy or on the toilet (you might have a word or noise or sign)
- Talk about wee and poo positively so that they know it is normal. Share books.
- If your child truly has no idea that they are doing or have done a wee or poo (they may not use words to tell you—they might just stop what they are doing and stand still for example) it may be too soon for pants but keep using the potty more regularly.

Stopping using nappies

- If you can try to coordinate this with an extended period of time when you are home e.g. a bank holiday or school holiday.
- Make sure they are still drinking plenty and there are no underlying medical problems—see below.
- Put them in pants and be prepared for accidents. Watch for signs that they need to go then put your child on the potty. You might need to do this quite regularly to start with (every child is different - think about how often they use their nappy)
- Before you put them on the potty use a phrase that will help them to tell you later e.g. toilet time? then put them on the potty.
- Teach them how to wipe

Top tips

- Travel potties are brilliant—keep one in the car.
- Tell Nursery/childminders/an other carers what you are doing so they can keep the routine
- Use the potty before nap time, when the nappy is dry a few times try the nap in pants—you can always put a waterproof sheet/pad or folded towel underneath.
- Don't react to accidents, no matter how annoying! Just be matter of fact 'lets clear it up'

Possible problems

Constipation, withholding poo or wee, infections and soiling are just a few possible problems. There is lots of information on the ERIC website below and you can ask you GP or health visitor for advice.

At Nursery

As with all other typical development, unless your child has a problem or possible problem we will support you with your routine but we do not report back to you on every wee and poo! Please talk to us if you are worried there is a problem.

Further links and information to help

Very comprehensive information can be found here: www://eric.org.uk

You can email the HV service hvsnad-vice@cornwall.gov.uk or message 07312263423

Ask us and we may be able to signpost you to another service.