

Guide to Potty Training

Some parents get baby used to sitting on the potty as soon as they can sit alone. It's entirely up to you.

Most children start their potty training between 18 months and 3 years.

Things to look for as signs of readiness:

- ◇ Your child expresses verbally with sounds or words like 'poo'
- ◇ Your child remains dry for longer periods
- ◇ Learning when your child is building a pattern of needing to or having a 'poo'

It is important that you stay calm, offer plenty of praise and work together making it a fun time. Use the potty at regular intervals but don't constantly ask if the child wants to go to the toilet, needs a 'wee' or 'poo'.

Be ready for accidents and avoid getting cross. Let the child get used to the potty or the toilet



It's up to you when you decide to start!



Be ready for accidents and avoid getting cross

Every child is different so just be patient, stay calm and read your child.

Encourage your child to sit on the potty after meals (often a time for readiness).



Looking at a book or playing with toys can help a child sit still on the potty.



If your child is upset by the idea of the potty simply wait. Leave it a little longer and then try again.

The toilet can be used with a training seat and a step.

Don't forget to take some spare pants and/or your potty when away from home. Hope this helps!