

TOP TIPS FOR POTTY & TOILET TRAINING



GIVE YOUR BABY A BOOK – READ YOUR LITTLE ONE A BOOK ABOUT GOING TO THE POTTY WHILE THEY’RE ACTUALLY ON THE POTTY OR GIVE YOUR CHILD A FAVOURITE PICTURE BOOK TO LOOK AT. THIS COULD HELP YOUR CHILD PASS THE TIME AND FEEL MORE RELAXED.

DRESS YOUR CHILD FOR THE OCCASION. A GOOD POTTY-TRAINING TIP IS TO MAKE SURE YOUR CHILD’S CLOTHES ARE EASY TO REMOVE.

HAVE NAKED TIME. IN WARM WEATHER (OR JUST INSIDE THE HOUSE) YOU MIGHT PREFER TO LET YOUR TODDLER GO NAKED DURING POTTY TRAINING.

CONSIDER ENCOURAGING THE TOILET INSTEAD OF THE POTTY. SOME CHILDREN ARE HAPPY TO START OUT ON A TOILET RATHER THAN A FREESTANDING POTTY.



DON’T PUNISH MISTAKES. BE PREPARED FOR SETBACKS.

GET YOUR CHILD INVOLVED IN CHOOSING THE POTTY – IF POSSIBLE, GO SHOPPING FOR A NEW POTTY TOGETHER WITH YOUR CHILD.



YOU CAN HELP YOUR TODDLER UNDERSTAND THE TRUE PURPOSE OF THE POTTY BY ROLE PLAYING WITH A TEDDY USING IT.

LET YOUR TODDLER SET THE PACE – IF YOU CAN SEE THAT YOUR CHILD NEEDS TO GO, IT’S FINE TO ENCOURAGE THEM TO SIT ON THE POTTY, BUT DON’T MAKE A BIG ISSUE OUT OF IT.

HAVE SEVERAL POTTIES – IF YOU LIVE IN A HOUSE IT CAN HELP TO HAVE ONE POTTY FOR UPSTAIRS AND ANOTHER FOR DOWNSTAIRS, SO THERE’S ALWAYS ONE CLOSE AT HAND. KEEPING A SPARE POTTY IN THE CAR IS ALSO USEFUL FOR POTTY TRAINING WHILE YOU’RE TRAVELLING.

POTTY TRAINING IS A COMPLEX PROCESS, AND KNOWING HOW TO TRAIN YOUR CHILD, AS WELL AS HOW AND WHEN TO START, CAN BE TRICKY.

NOT ALL CHILDREN LEARN IN THE SAME WAY EITHER, SO YOU NEED TO FIND A WAY THAT IS SUITABLE FOR YOUR CHILD.

HERE ARE SOME TOP TIPS FROM 'PAMPERS' THAT MAY SUPPORT YOU AND YOUR CHILD.

WHEN DO WE START?



IT'S IMPORTANT TO INTRODUCE POTTY TRAINING WHEN YOUR CHILD IS READY – OFTEN THIS IS AROUND 18 MONTHS TO 2 YEARS OLD.

LOOK FOR SIGNS THAT YOUR CHILD IS READY, LIKE REALISING THEY HAVE A DIRTY NAPPY OR KNOWING THAT THEY NEED TO GO.

COMMUNICATING TO YOU THAT THEY NEED TO WEE.

MAKE POTTY TRAINING A GRADUAL PROCESS AND COMMUNICATE CLEARLY WITH YOUR CHILD SO THEY UNDERSTAND THE CONNECTION BETWEEN WEE, POO AND THE BATHROOM.

MAKE POTTY TRAINING A POSITIVE EXPERIENCE FOR YOUR BABY OR TODDLER BY ENCOURAGING THEM GENTLY, MAKING IT FUN AND REMAINING PATIENT.



SOME TOP TIPS!

MAKE SURE YOUR CHILD IS READY. TRY NOT TO RUSH THE PROCESS AND START POTTY TRAINING TOO EARLY. LOOK FOR THE SIGNS YOUR CHILD IS READY.

CHOOSE A GOOD TIME. WHEN YOUR LITTLE ONE IS LEARNING HOW TO POTTY TRAIN, IT'S BEST TO START IN A LESS BUSY PERIOD WHEN YOU'VE GOT PLENTY OF TIME.

GET ON A POTTY SCHEDULE – IF YOU KNOW THAT YOUR LITTLE ONE USUALLY DOES A POO AROUND THE SAME TIME EVERY DAY, LEAVE THE NAPPY OFF AND ASK IF THEY WANT TO USE THE POTTY INSTEAD.

GO AFTER MEALS – EATING AND DIGESTING FOOD CAN OFTEN TRIGGER THE URGE TO POO, SO JUST AFTER MEALS CAN BE A GOOD TIME TO SIT YOUR CHILD ON THE POTTY. IT ALSO HELPS TO LET YOUR CHILD KNOW THAT USING THE POTTY IS A ROUTINE THING.

USE A STICKER CHART TO TRACK AND REWARD THE POTTY TRAINING PROGRESS.



GIVE PRAISE WHEN PRAISE IS DUE. WHEN YOUR TODDLER DOES A GOOD JOB ON THE POTTY, SHOW YOUR APPRECIATION!