

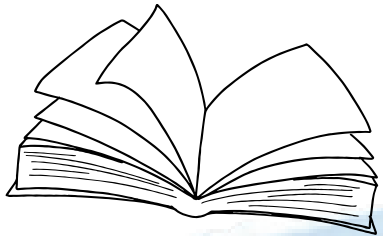
a quick guide to toileting

1 To help your child make the connection between using the toilet and not using nappies, **avoid using nappies during potty training**. Instead, encourage wearing underwear to help them feel more grown-up



2 Use **simple stories or videos**

that explain the process of using the toilet. This can help your child understand what is expected and help **reduce anxiety**



3 use a **visual schedule**

or pictures to show each step of using the toilet. This helps children understand the process more clearly.

free pictures of toileting steps HERE

<https://shorturl.at/bEc8M>

4 A **visual timer** or countdown can help prepare your child for the idea of toileting. It can give them **a sense of control** by showing how much time remains until they need to go to the bathroom.



5 Establish a consistent toileting **routine**. Take your child to the toilet bathroom at regular intervals, such as **every 30 minutes, after meals or when they wake up**. Consistency helps them understand when it's time to try using the toilet, even if they don't yet feel the urge.

6 make "accidents" into a "teaching trial" by catching it. **Keep checking** your child's underwear to **catch the wetting as soon as it starts**.



make a startling statement such as **"wait!"** or **"stop"**, **"Let's go to the bathroom!"** to help the child stop momentarily. It works by **providing a sensory cue** that may help the child recognize when they are starting to urinate, **encouraging them to pay attention to their body's signals**

7 set an appropriate amount of time for your child to sit on the toilet to encourage the habit without causing frustration or pressure. Start slowly by asking your child to **sit down** in the toilet for **2 - 5 minutes**

8 to make bathroom time fun for your child, you can try to:



9 **check for your child's comfort** while he/she is sitting on the toilet. ensure that his/her feet **are not dangling too much**. if their feet are dangling, they may feel unsteady, which can make the experience more stressful consider using a foot stool. if the seat is too large, consider using a potty seat insert

10 Encourage your child to drink water, milk, or **diluted juice** regularly. However, **avoid giving** you child too much fluid **rightbefore bed** to prevent nighttime accidents.