

## Toilet Training

### How do I know when to toilet train?

Parents can feel pressured to begin toilet training their toddlers by family members or other parents. It is important not to feel pressurised to start before you and your child are ready. There is no 'right' age to toilet train but each child will have their own 'right' time; most children show signs of readiness to toilet train between 18 months and 3 years. Don't start until they are ready.

### Signs of readiness:

- Manages to stay dry for at least two hours between wet nappies.
- Regular or predictable bowel movements.
- Indicating awareness that a bowel or bladder movement is occurring - perhaps by interrupting what they are doing and concentrating; telling you that they are wet or showing discomfort when the nappy is soiled.
- Understands simple instructions such as 'do you need a wee?'
- Communicates their needs eg: says 'wee-wee'
- Can sit on and get up off a potty independently
- Shows a desire to please and co-operate.
- Enjoys praise
- Shows an interest in others using the toilet and imitating.

### How to begin

Plan ahead ensuring that you avoid too many changes at once, and try to choose a time when there are few distracting events so you are prepared and able to commit time. Let your own circumstances dictate when you start. Use your common sense; if your child is going through a resisting 'no', 'can't' or 'won't' stage, then postpone the training until that phase is over. Have confidence in your own ability to judge the right time for your child, don't feel pressurised by other people. Have patience, it can take time. Don't shout if they have an accident and give lots of praise for success.

### Three stages.....

1

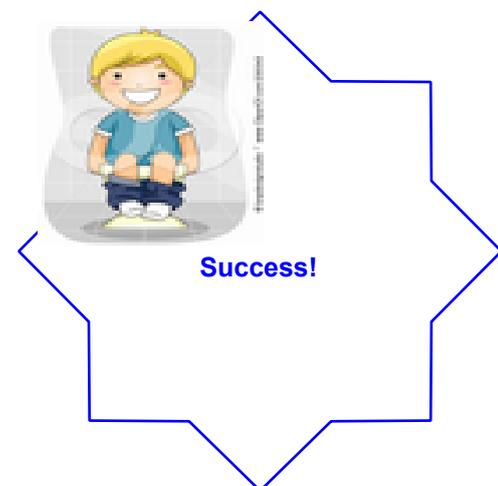
knowing when  
they've done it

2

knowing they  
are doing it

3

knowing they  
need to do it



our staff are happy to advise and support you to achieve success!