



Guide to Potty Training.

Start prepared and ready by doing some groundwork.

- Buy pants and potties (one for upstairs, one for downstairs)
- Have plenty of treats (something they like, chocolate works a treat - this does last long once they have mastered it, they soon forget about them).
- Make sure you have some kitchen roll/a couple of older towels (maybe cut them down if they are big), for mopping up the accidents (as there will be some).
- Remove the nappies from the place where they are normally kept (hide them). Just put two with their pyjama's ready for bedtime.
- If you have a book about potty training maybe get it out to read together.

Ok you are ready!

Explain to your child that they are now a big boy/girl and are not going to wear nappies any more except at bedtime. Tell them about what they will get each time they wee on the potty/ or toilet if they want to go straight to the toilet, let them choose.

Let them choose their pants and I suggest a skirt for girls and elasticated waist shorts for boys – or as we are currently confined to home – Just go with the pants!!!

Explain that "Nappies are now just for night time".

Top tips

- Spend as much time as possible outside in the garden
- Supply your child with lots of water to drink, their bladder will be fuller more often and so have a greater chance of success on day one.
- Try and gauge if your child like the attention and praise of success or if they would rather play it down, and go with it.
- Suggest your child sits on the potty regularly, timing from their last wee. The idea is you catch them just in time, if you miss time it and there is an accident keep supplying the water but bring the trying on the potty forward by 15 minutes.
- Stay in parts of your house that have easy clean floors
- See if they can do one last wee in the potty before the night time nappy goes on (this will help later on, when trying to get rid of night time nappies).

Our current national isolation- stay at home status- gives the perfect opportunity to tackle and succeed at potty training, the weather forecast is good going forward, hence the ability to be outside minimising additional work for parents. Some children get it really quickly, other take longer, some are really stubborn. Whilst it is great to let your child take the initiative, as parents

you do need to persevere, and stand strong, especially if you know your child has the ability. (it's a bit like dieting, those first few days of reducing your food intake are hard, but it gets easier). If after a full 7 days they have had no success and there is no pattern to their accidents, get the nappies back out and try again in a month.

Getting rid of the night time nappy!

My experience of this is parents have become very lazy and are spending needless money by continuing to put children in nappies at night for way longer than they should be, because it's easy.

Once you have had 3 nappies in a row that are dry when your child wakes up in the morning stop putting nappies on them at night.

They are capable of going through the night without a wee.

- Put a potty in their room
- Maybe use a mattress protector so if there is an accident you just have sheets to wash and dry and not the mattress. You can use those disposable travel mats- Pampers do them, sometimes used by people who are puppy training, or buy a washable one. (my kids had them under their sheets for years, as you may well get accidents if your child becomes ill).
- Talk to them about going on the potty in the night if they wake up and need to go.
- Reward success for a few nights, if they manage a week then maybe a special treat!
- And save some money!!!

