



Potty/Toilet training programmes



Children need to learn a new set of skills to become potty or toilet trained. If you always change their nappy in the bathroom, they will start to make a connection between wees, poos and the toilet. If your child can stand up on their own, then have them stand up while you change their nappy. This makes it easier for them to help pull their pants up and down and to learn to help wipe their own bottom. If you change their nappy in the bathroom, you can teach them to wash their hands afterwards and help them learn the difference between wet and dry at the same time.

Before your child can become potty trained, they need to learn to sit on the potty or toilet for long enough to do a wee or poo. Initially they may only be happy to sit for a second or two. If you distract them and make time on the potty or toilet fun, with songs or books for example, they will gradually be happy to sit for longer.

Try to make sure that your child has meals, snacks and water-based drinks at regular times. Gradually introduce sitting on the potty or toilet after drinks and meals, because these are the times when they are most likely to need a wee or a poo. If you catch a wee or poo in the potty or toilet then praise your child.

The key to the success of a potty or toilet training programme is consistency and routine. If your child spends time with a child minder, family or at nursery or school then they should follow the same routine when there as they do at home. Changes will be confusing for your child and delay the process.

When your child starts to wear pants at home, they should wear them all the time they are awake, including when out. Putting your child back in nappies or disposable nappy pants, even for a short time may confuse them and delay the toilet training process. You might decide to use washable training pants, or you could use a waterproof sheet (washable or disposable) to protect furniture, their car seat or buggy.

To help child minders, family carers, nursery or school to continue the toilet training programme you have started, consider using the





Bladder & Bowel UK

Supporting people with bladder and bowel problems

part of Disabled Living

potty training programme sheet, below. This will help others know what is being done at home, so they can do the same when your child is with them.

Fill in the chart with the times that you sit your child on the potty or toilet. Include any words, signs or gestures that you use at home with your child to tell them it is time to sit on the potty or toilet. If you are using a potty or toilet seat reducer and step, take it with your child when they are being looked after by other people or have a second one that you can leave there.



Make sure you also write down any other skills you are teaching your child, such as pulling their pants or trousers up and down, wiping their bottom or washing their hands.

Write down how you reward any success. Don't forget to give their carer, nursery or school some of the same rewards (if used) so they can continue with them.



For more information about potty or toilet training visit the Bladder & Bowel UK website at www.bbuk.org.uk/children-young-people/children-toilet-training/

For specific, confidential help and advice contact the Bladder & Bowel UK helpline on email: bbuk@disabledliving.co.uk or telephone 0161 607 8219



Potty training programme timetable

Name

Date



Complete the timetable to show the potty or toilet training programme you are doing with your child when they are at home. You can give a copy of this timetable to your child's carers, nursery or school to help them to continue the same programme. The top boxes have been filled in as an example.

Time	Activity	Notes
08.30am	Drink of water	Likes to have red cup with lid
08.45am	Sit on potty for two minutes. Sing a nursery rhyme	Encourage her to pull their pants up/down. Reward any success with sticker Wash hands after sitting