

Step 1 - Setting the scene

This first step is mainly about introducing and encouraging changes to the routine of nappy changing.

- Always change their nappy in the bathroom, so your child will start to make a connection between wees, poos and the toilet.
- Flush poos from the nappy down the toilet to show where they go.
- Talk about washing hands after going to the loo introducing language around wet and dry.
- Have an open-door policy for the bathroom to allow your child to see that going to the toilet is something everyone does.
- Try to make sure that your child has meals, snacks and water-based drinks at regular times.