

Step 2 – Developing the skills needed

To be potty trained, a child needs 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 bubbles, songs or books, they will gradually sit for longer.

Most children wee after waking from sleep and within 20 minutes or so of drinking a significant amount.

- Try sitting your child on the potty first thing in the morning and after naps.
- Gradually introduce sitting on the potty or toilet after drinks and meals. If you catch a wee or poo in the potty or toilet then praise your child.
- If your child is old enough, encourage them to flush the loo, ensuring always to wash and dry hands and have a go at learning about pulling pants up and down.

At the end of this step your child should be happily sitting on the toilet for up to two minutes or so, we're not expecting many direct hits!