

Step 3 – Identifying patterns

This step involves identifying the child's habits - how long they can stay dry for and if there is a regular time when they open their bowels.

Put a folded piece of kitchen paper in the nappy, starting with first nappy of the day. Check hourly and keep a note to see how often your child wees and how long they can stay dry for. This needs to be done for at least three full days (they do not need to be consecutive days). Start to introduce sitting on the potty at the time interval suggested by the recordings.

Any problems with the bowels, such as constipation need to be addressed first.

Once the child has had some success with occasional wees/poos on the potty, appears to understand the process and is happy to sit on the potty or toilet, then it is time to move to step 4...