



Top Toileting Tips

How long on the potty?!

Rule of thumb: one minute for each year, so for example pop a 3-year-old on the potty for up to 3 minutes.

Don't force/allow child to sit there for extended period of time (15-20 minutes).

If your child is reluctant, then start with very short periods eg 30 seconds, and gradually increase sitting time.

Use visual timer if that helps – such as egg timer or kitchen timer or timer on iPad/phone.

If no success then take them off and say 'we'll try again later' - pop them back on 5-10 minutes later to try to catch a wee, if you think they're due one soon, if not leave for longer.

Keep a record as that will help you adjust the timing as necessary.