



Top Toileting Tips

When to visit the potty?

You need to aim to gradually increase the time between visits.

From conducting the baseline assessment, you should have an idea as to how long LO can go between wees. Use this as your benchmark, if they can hold a wee for 1 hour 30 mins, then gradually extend visits to 1 hour 45 mins, then to 2 hours etc. All the time the bladder is maturing/stretching which will start to send the 'I need to wee' signal to the brain.

You are aiming for LO to be able to recognise a full bladder and then empty it completely. If prompted too often, before the bladder is full, they will not learn to recognise that signal.

They will need your help to increase times in between wees to make sure the bladder is stretched to full capacity. We all know the 'I'm bursting feeling' – encourage visit just before that!