

POTTY TRAINING

Ways to build your child's toilet readiness positively

1. Have a child's toilet seat/ convertible ready and in sight in the commonly used toilet at all times.
2. During showers, expose your child to the idea of sitting on the toilet from as young as 12 months.
3. Practice toilet routine like pulling down/up pants, using toilet paper, flushing and washing hands as part of the informal exposure during shower time.
4. As your child gets more exposed to this, the more confident they become in wanting to use the toilet independently and when you see them independently climbing onto the toilet bowl, or letting you know when they've done a poo in their diaper, or asking you to change their diaper that's full - these are signs that they are ready.



How to start training your child once they're ready

1. Recommendation is to straight away use a kid friendly toilet seat on the adult toilet instead of a separate potty.
2. Find 3 days in a row, where you are able to be with your child in a familiar environment most parts of the day.
3. Tell your child that we are going to learn to say bye bye to the diapers.
4. Follow these steps :
 - Keep diaper on
 - Fill your child with a lot of water
 - Set a timer to every 30 minutes
 - When timer rings, take your child to the toilet and prompt them through the routine from start to finish
 - Wait on the toilet bowl for at least a minute.
 - If there is no pee, making pee like sounds may help



How to start training your child once they're ready

- If they pee, celebrate and reward this with a special reward
- If they don't, say "it's okay we will try again."

5. Repeat the above for at least 5 to 6 times, for 2 days minimum. You will realise as you keep doing this their diapers will remain dry and they will be able to pee in the toilet at least twice!

When you celebrate them, this builds a positive association which will make them desire to do this (pee in the toilet) again!

6. On the 3rd day, your child can be diaper free and just in training pants. Stick to the steps above, but without diapers. After 5 or 6x of bringing them to the toilet, you can provide reminders to help them initiate independently.

7. With practice, consistency and reward, they will be initiating in no time!



PANTS UP



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SIT ON POTTY



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WASH HANDS



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DRY HANDS



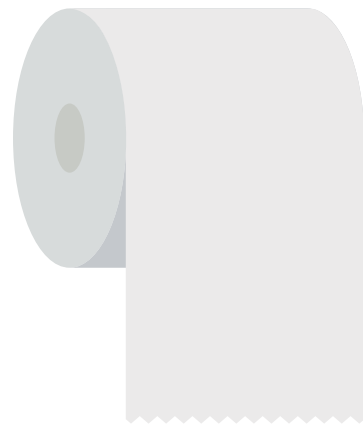
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PANTS DOWN



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TOILET PAPER



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USE SOAP



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STEP STOOL



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