

Potty Training Information

Preparing your child for potty training

There is no standard age recommended for potty training, most children will start their potty training between the ages of 2 and 3 years.

Before deciding to potty train your child, place a potty within their normal playing spaces for example in the living room or their play room.

Allow your child to sit on the potty fully clothed and never force your child to sit on the potty longer than they feel is comfortable. When your child is comfortable sitting on the potty clothed encourage them to sit on without a nappy and pants.

Signs that your child is ready to start potty training (not necessarily

all signs at once)

- Your child can signal that their nappy is wet or soiled
- Your child seems interested in the potty or toilet
- Your child understands and follows basic instructions
- Your child feels uncomfortable if his or her nappy is wet or soiled
- Your child stays dry for a period of 2 hours during the day
- Your child wakes up from sleeps with their nappy dry
- Your child can pull his or her pants down and then pull them up again

Accidents

It is inevitable that there will be the occasional accidents while potty training your child. When this happens, stay calm; do not punish your child. Simply change your child and encourage them to use the potty. Always stay positive and reward success. Potty training won't happen overnight so a lot of patience will be required.

You may also find these website useful;

www.bbc.co.uk/health/physical_health/child_development/