



THE TOILET TRAINING CONTINUUM

THE WINDOW OF OPPORTUNITY – BIRTH TO 2.5 YEARS

YOUR CHILD – NAPPIES TO UNDIES

STAGE 1 SETTING UP FOR SUCCESS WATCH ME 0-18/24 Months

Learning by

- Copying
- Watching
- Being involved

STAGE 2 ACTIVE CURIOSITY SHOW AND TELL – 18/24 months-20/26

Learning by:

- Watching and listening
- Asking questions
- Recognising what their body is telling them
- Wanting to know more about their body and yours

STAGE 3 SKILL DEVELOPMENT PRACTICE MAKES PERFECT - 20/26months – 3.5 years

Learning by:

- Trial and error
- Having accidents
- Asking for help
- Mastering in familiar environments

STAGE 4 SKILL MASTERY EVERYWHERE/EVERYTIME 2 years onwards

Learning by:

- Practice
- Transferring their skill to everywhere

PARENTS – HOW YOU CAN HELP

Be your child's role model
Normalise going to the toilet
Be positive about the toilet and going to the toilet
Create good fluid habits

Set the scene – create the environment for success
Answer questions positively
Encourage awareness of 'going to the toilet' signals
Familiarise your child with the toilet
Recognising that your child is physically ready

Create a no fuss environment
Let your child 'have a go'
Move from nappies to undies
Recognise accidents are part of skill development
Support and encourage success

Trust your child and accept that mishaps occasionally happen
Seek help from a continence specialist if your child has regular accidents
Now it's time to start thinking about night time.