



Nappies to Undies

Top 10 Tips for the stages of Toilet Training

1. Make sure your child is getting 5 drinks a day (breakfast, morning tea, lunch, afternoon tea and dinner). The majority should be water. This helps to keep poo's regular and soft and helps build good bladder capacity.
2. Before you plan to start the training stage with your child, start moving nappies and nappy changing into or close to the toilet area. Tip poo into the toilet, wipe the child's bottom and ask them to flush the paper. This helps your child to get used to the toilet.
3. As part of your preparation, start sitting your child on the potty or toilet when they are undressed for a bath or shower. Don't expect them to do anything but this helps them to get used to sitting on the toilet or potty.
4. When toilet training begins, put your child into undies at home and use a pullup or nappy when you go out. Undies help your child to learn the sensation of being wet and dry which is not so clear with disposable nappies.
5. When toilet training begins try to establish how often your child needs to wee and when they are most likely to poo. Try to take your child to the toilet at regular intervals but not too close together - about one and a half to two hours apart is usually about right. Tell your child "its time to try for a wee", rather than asking them if they need one. Try for a poo at their regular time or if they have no pattern try about half an hour after a meal.
6. Expect accidents, they are part of toilet training. If everyone is getting frustrated put your child's nappy back on and try tomorrow or another day. However, when you first start, try to persist for a few days.
7. Relax and don't make toilet training a big deal. Don't talk about it lots, don't keep repeatedly asking your child if they need the toilet and don't tell them they will be a big girl or boy if they use the toilet. For many children being a big boy or girl is quite frightening.
8. Toilet training is a private matter between you and your child. Don't discuss with all your relatives and friends that you are toilet training. Lots of well meaning people can continue to ask you and your child how they are going which can add to the anxiety for both you and the child.
9. Remain positive, some children will take longer to learn than others as with all skill development. Always use appropriate positive language when talking about toileting.
10. If it's not working, don't be afraid to stop for a few weeks or months. If you are stressed, this can make it harder for your child to learn.

Check out the Toilet Training Continuum at <http://www.toiletrainingeducators.com.au> for more detailed information on the stages and process of toilet training.