

Potty and Toilet Training

IOM Health Visiting Service



Department of Health and Social Care

Rheynn Slaynt as Kiarail y Theay



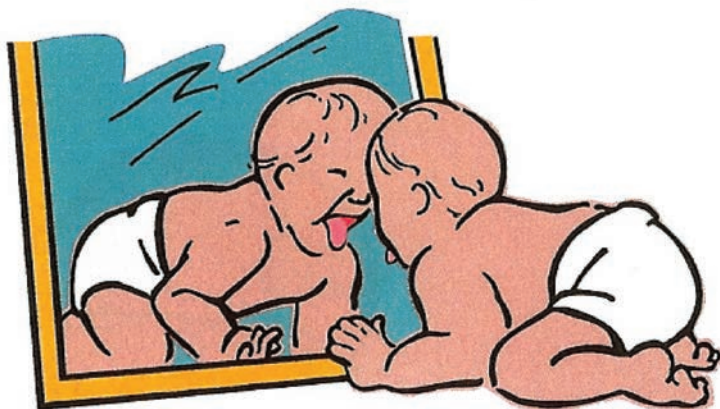
**Isle of Man
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Reillys Ellan Vannin

Introduction

Successful toilet training is a major achievement, a definite landmark in your child's development and a real reason to celebrate.

This booklet is designed to give you helpful hints which will help you and your child make that big step from nappy to toilet.



Introducing the Potty or Toilet

When to Start?

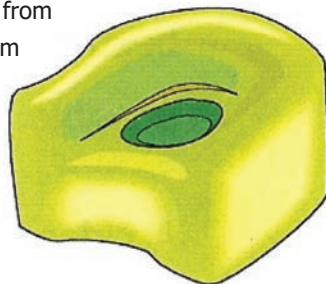
Choose a period when you can really concentrate on giving your child the time and the encouragement needed. Try not to start when you know either you or your child will have to cope with stress, such as:

- moving home
- the arrival of a sibling
- going on holiday

The secret of successful toilet training is to keep relaxed and calm.

Before you start

Some parents prefer to teach their child to use the toilet from day one – using a small toilet seat. Involve your child from the very beginning, take your child with you on that special shopping expedition – to buy the first potty/toilet seat. You can choose one that is practical and easy to clean, and your child can choose their favourite colour. If you choose to use a potty buy more than one if you can afford to. This will make the whole process easier in the long run, especially if the bathroom is upstairs.



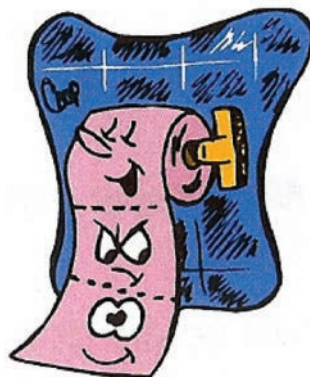
Before you start the process of training, let your child become accustomed to sitting on the potty/toilet. Keep the potty in the bathroom and encourage your child to sit on it/or the toilet. Your child will learn by example and begin to associate the potty/toilet and bathroom with wanting to wee.

Getting Started

- Two years is a realistic age to start
- A child must know the difference between wet and dry before he/she can be urine trained.
- Aim for three sits a day, preferably after meals, or when your child has been playing outside. There may be other trigger points and times of the day when your child is likely to soil and wet him/herself. Start a routine together and use the potty at these times too.
- Encourage the desired behaviour... sitting... never force and don't make a fuss over defiance.
- Trainer pants can be colourful and useful underwear for children, which may encourage your child to stay dry. Once nappies have been replaced by trainer pants it is important not to change back if possible.
- Accidents should be treated lightly and cleaned up calmly



Don't let your small child wipe their own bottom yet, as your child won't be able to do this task effectively or hygienically. This is particularly important for girls, as wiping from back to front may cause vaginal infection.



Practical Points for Parents

Potty Progress

- Do not compare your child to others, potty training is not a race and you will get a better long-term result if you take it at the speed that suits your child.
- Praise your child when he/she uses the potty, but don't get angry if he/she doesn't.
- That buttoned and buckled dungaree suit may be fashionable, but could prove to be difficult for your child. Choose clothes that are easy to release when potty training.



Girls and Boys

- Choose a potty with a wide base to avoid spills and tumbles.
- If you have a boy, choose a potty with a splash guard on the front for when they are sitting down.
- When progressing to the toilet don't insist that your son stands to wee the majority of boys usually start by sitting on the loo.

No Nappy Nights

As a general rule children will be dry at night approximately 1 year after they are dry in the day.

- A child must be able to produce some dry nappies at night before you can expect a dry bed.
- Most parents find it takes longer to get to 'No-Nappy-Nights'. A final session on the potty just before bedtime will help, but your child will probably need a bit longer to develop the extra control needed to last the sleeping hours. You can use a plastic sheet to protect your mattress.



Heading for Success

The Move to the Loo

As your child gets older, encourage independence by providing a step up to the toilet.

A special child's lavatory seat will help your child to gain confidence and is essential to prevent small bodies from disappearing bottom first down the toilet.



When to Worry

Your child is likely to be successfully potty trained by the age of three years, but don't worry if it takes a little longer and don't get distressed if the occasional mistake occurs. Even after they are trained being dry through the night may take much longer. There may be times when you will have to deal with a wet bed, but providing this is only happening occasionally it is a normal feature of childhood and a phase which will pass.



If you are experiencing any difficulties, discuss this problem with your Health Visitor or GP.

This document can be provided in large print
or audio tape on request.



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