Hi, we're **Wee & Poo**

It's time to teach us where to go!
How do you know when to start?

- Every child is different – they learn to walk and talk at different times, and to be clean and dry at different times. You know your child best so don’t feel that you have to start potty training just because other people are!

- Choose the right time not only for your child but for you too...if you’re busy with a new baby or moving house then potty training is not a good idea! Check with other people who look after your child – it’s important everyone does the same thing so they need to be ready too.

- Children are ready for potty training between about 18 months and 3 years old. They need to be physically ready – able to sit themselves on the potty and get up when they’ve finished – and mature enough to follow instructions and communicate with you.

- Get tuned in to your child’s wee and poo habits:
  
  - Do they poo at about the same time(s) every day? This will help you to know good times to sit on the potty.

  - How often are they doing a wee? Babies do lots of little wees, but as the bladder develops it learns to store more so toddlers do fewer, bigger wees. If their nappy can stay dry for an hour or two they should be able to keep their new pants dry for a while.

  - Today’s disposable nappies soak up the wee really well. If it’s hard to tell when they’ve done a wee, try putting some folded kitchen paper inside the nappy as this will stay wet. As well as informing you this might also help your child to associate weeing with being wet.

- If they are beginning to show some signs of awareness of when they have done a wee or poo they are recognising the signals their body is giving them, so get them ready for potty training...
Getting ready

**LEARNING ABOUT US!**

Get your child involved with the nappy changing process. Change them standing up, get them to help with their clothing and when you’ve finished wash your hands together.

Talk about wee and poo... or whatever you prefer to call them.

Choose the terms you want to use and ask everyone who looks after your child to use them.

Tell your child if their nappy is wet or dry when you change them; talk about the wee and/or poo it contains.

Sort out wee and poo in the bathroom! Help your child to associate wee and poo with the toilet by always changing their nappies in the bathroom, emptying poo into the toilet, flushing it away etc.

Talk to your Health Visitor and/or staff at your local Children's Centre. They will be able to give you advice about potty training, and to let you know of any parenting groups that you could attend.

Get your child motivated! Plan a reward system like a sticker chart. Catch their interest by rewarding simple things like getting themselves dressed and washing their hands.

Other people in the family do it too! Encourage members of the family to leave the bathroom door open and allow your child to know what they are doing. Children learn by watching what we do and copying.

Read some picture books together – there are lots available from the ERIC shop, like How to Potty Train by Judith Hough and Diane Titterton.

Children with Special Needs can often be potty trained too. Go to www.promocon.co.uk, look in the publications section and read their leaflet Toilet Training Children with Special Needs. You’ll want to plan carefully and prepare thoroughly.
When your child is reliably dry during the day you can start thinking about nighttime.
Preparation is important – watch out for dry nappies in the morning, and get your child used to
sleeping a night before bed and sitting on the potty just before sleep. Protect the bed with
a waterproof sheet, put a gentle light by the bed and practice getting to the potty or toilet.
Make sure your child can pull their pajamas up and down easily and have fresh pajamas and bedding
ready to deal with any accidents. Some children take much longer to learn nighttime dryness – check
out Eric’s Guide to Night Time Wetting if bedwetting persists.

**Wiping**

Something nice to learn... how much paper to use and how to get clean. This
step often takes lots of practice and encouragement. Wet wipes and/or
coloured or patterned toilet paper can help.

**Going Out!**

Once things are going well at home it’s time to go out in pants. Keep the first
trips short, plan where you’re going and make sure you always know where the
nearest toilet is. Take everything you need with you – potty, wipes, changes of
clothes.

**Don’t try and add the top blocks until you’ve got a good routine going and you’ve made some progress!**

Goodbye nappies, hello pants! Don’t substitute pull-ups for nappies... they are just a different
shaped version of the same thing. You can’t potty train in a nappy or a pull-up, so choose the
right day (and stop using them!)

Build up a routine. Don’t ask your child if they need a wee or poo – they haven’t learnt to
recognise that yet. Simply say “It’s potty time” every couple of hours.

Keep a bag of toys ready to play with while they’re on the potty so they remain happy to sit for 2
or 3 minutes. Use the bathroom whenever possible.

Make it a special time for you both - the whole experience will be much more positive if you
involve both of you.

Encourage boys to sit down to wee, if not they may not want to wear a potty. They may empty
their bladder better sitting down too.

Give lots of praise for sitting on the potty, and for each little step like washing hands and getting
washed.

Rewards are a good incentive - but make them smell and instant, like a sticker. Reward
achievable tasks like sitting on the potty rather than staying clean and dry, which they might not
manage at first. If the leap is too great, use Dry Line Wet pads to help catch the mess and keep
that nappy off! This helps the child learn too... the pad bulks up and helps them to recognise
when they’re wet.

**What to do if it all goes wrong!**

Don’t panic if it doesn’t all work straight away! The child may be ready in the afternoon and not
in the morning, or the other way around. Continue with the routine of getting to the potty
frequently and make sure you are consistent in your approach.

Be patient and let your child take their time. You can always use the potty again if they
don’t feel ready to use it one day.

Give your child a cuddle if things aren’t going well.

**What if the child will only poo in a nappy?**

In the short term, if they ask for a nappy to do their poo then that’s fine, but the risk of
constipation is very real. Make sure they are getting enough fluid and fibre in their diet.

Consistency may already be playing a part - hard stools will cause discomfort and make the

Some children are simply frightened of the potty telling them they are clean. Help them see
that the place where the poop happens is in the bathroom. Make them in Sudden Wiping and
empting the nappy into the bin.

Then aim to move them very gradually towards removing the nappy – first by sitting on the potty/bidet
with the nappy on, then leaving the nappy a little bit by bit.

**Clothes**

Choose clothes that are easy to pull up and down - avoid fiddly zips and buttons. Practise getting dressed and
undressed.

Choose clothes that are easy to wash and dry... accidents WILL happen.

**Pants**

Choose pants with your child. Buy lots... they WILL have accidents. Practise wearing them for short periods
to get used to the feeling.

**The Potty**

Choose a pot with your child.

Keep it in the bathroom and practice sitting on it. Consider having a second
pot/denim/cover if your only bathroom is upstairs.

**The Toilet**

If a potty is not suitable, choose a child’s toilet seat together, and a
step or box that is high enough to provide firm support under the child’s
feet while they sit on the toilet.

**Make sure your child is not constipated**

Your child should pass soft stools at least four times a week. If they are
passing fewer stools than this, and/or harder, they might be
constipated.

Leaking nappy can also mean constipation...

- check out the Eric website or read the leaflet Eric’s Guide to Children’s Bowel Problems for more information.

**What should your child drink?**

The most important way to ensure healthy bladder and bowel is to
check your child has plenty of fluids - a minimum of 6 - 8 drinks every
day.

Water is best.

2 - 3 drinks of milk a day is fine as part of a balanced diet.

Wait diluted fruit juice or squash can be included.

**What drinks should they avoid?**

Any drinks containing caffeine - like tea, coffee and cola.

Sweetened drinks.

Save fizzy drinks for a treat when they are older!

Don’t let their drinks to help them

The bladder needs to be properly filled

and emptied to behave properly.
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