

Likely Problems:

- If your child is ill, worried or upset, he may not recognise his need to go to the toilet and may have an accident.
- Accidents can still occur if your child has been dry for some time, especially when sleeping or totally absorbed in playing.
- Toilet training should not become a battleground as the child can use this power struggle as a means of upsetting you.
- As a parent don't worry about the stage your friends children are at with their toilet training as all children are different.

It is important to encourage and always praise your child for his efforts, try not to get angry when accidents occur.



Contacts

further advice

Health Visitor:

NHS Direct:

www.nhsdirect.nhs.uk
Digital TV
Telephone: 0845 4647
24 hours nurse-led helpline
providing health information
and advice.

Other:



East Sussex Downs and Weald PCT
& Hastings and Rother PCT

Toilet Training



When is the best time to toilet train your child?

This is the question every Mum or Dad must answer. There are no hard and fast rules about toilet training – the decision should always be the parent's. Some Mums and Dads might want to see their children using a potty as soon as possible, others may not.

The Facts:

A child is toilet-trained when he/she can tell you consistently when he wants to go to the toilet, and in enough time to avoid accidents!

Bladder and bowel control can occur anytime from 18 months to three years, but it is not unusual for this to happen later in some children.

There will undoubtedly be some problems and the occasional accident so don't get too upset with these setbacks.

It is important to remain patient, consistent, understanding and remember to praise your child for his efforts.



Consider delaying toilet training if:

- a new baby has just arrived
- your child is ill
- you are about to move house
- some other major life changing event occurs.

Ideally, it is best to start training when your child is ready and there are no distractions.

Suggestions:

- Buy a potty suitable for your child which has a rigid base to stop it tipping sideways and which incorporates a splashguard for boys.
- Place the potty in a warm accessible room, preferably where your child spends most of his time as he will only have a few seconds between realising that he needs the potty and using it.
- Try to place the potty on a firm washable floor surface, not on carpets or rugs.
- Consistently encourage your child to sit on the potty at regular intervals; at first, this may be every 60 minutes. If your child is dry after 60 minutes, gradually increase the time until it is every 2-3 hours.
- Training pants can be useful for occasional use, but they are not always necessary.

- Help him to learn how to pull down his pants to his ankles on his own and avoid using dungarees and belts. This would help to reduce accidents.
- When your child sits on the potty regularly and happily, try to encourage him to ask for it, and introduce pants and trousers.
- Ask your child regularly if he needs a wee and continue praise and encouragement.
- Do not expect your child to be dry at night for up to 12 months after he is dry in the day. When he begins to stop wetting his nappy at night, acquire some plastic sheets and let him sleep without a nappy on.
- Encourage your child to use toilet tissue, wash his hands and always remember to praise him.
- Ensure everyone in contact with your child is consistently using your approach to toilet training, otherwise confusion may occur.
- Follow your own instincts, you know your child.

