

# POTTY TRAINING GUIDE



Potty training your toddler need not be a challenge. This simple step by step guide will ensure stress-free potty training in a matter of weeks.



## THE RIGHT TIME

Sometime between your baby's first and second birthday, she will show interest in using the toilet. When she does, be sure to reward and encourage her interest. This is the first sign your little one is ready.

Once she has shown interest, these are the three principles for choosing the right time:

1. Start potty training in the first warm season after your toddler expresses interest. This is usually the first summer from around 20 months of age.
2. Make sure the time is right for your family – for example not when you have morning sickness or a newborn to contend with.
3. Choose a week when you are with your little one or at least the first three days should be days when you are at home from work all day.



## PREPARING TO POTTY TRAIN

To potty train, you need a potty or a seat that fits on top of the toilet so your baby feels secure to sit for a while – sometimes it takes time to coordinate the action of poo'ing or wee'ing.

For poo'ing it is better for your little one to be on a potty, on the ground, where her feet are supported as pushing out a stool may be easier with foot support.

### DAY 1-3

For the first three days, remove your toddler's nappy completely and let her wander around – preferably outside (this is the reason to potty train in summer). She will have many an accident while she starts to connect the feeling of needing to wee, with the feeling of actually wee'ing. Because of the great absorbency of our high quality nappies, many babies don't experience or understand the fact that they are wee'ing as it is absorbed away from the body so quickly by disposable nappies.

So for three days, let your one little play with no nappy on. When she stops and looks down with interest because she is wee'ing, say "You want to wee. Let's go to the toilet." She will most likely have already wee'd but the action of popping her on the toilet will start to sink in.

This is a messy stage because your little one needs to be without a nappy most of the time. There must be no stress or frustration, just teaching positively.



## DAY 4-10

From day 4 set a timer for every 45 minutes. As the timer goes, you tell your little one it's toilet time. Pop her on the toilet/potty. To encourage the actual wee, either you sit on the toilet (while she is on the potty) and you wee too (if you need to go) or you turn on the bathroom taps. Sometimes she will make a few drops and other times a good wee.

To encourage a good wee, make sure she has loads to drink on these days.

It is a good idea to be at home most of the time for this period too. Your little one should still largely have no nappy or training nappy/pants on during the day.



## DAY 10 ONWARDS

Use normal underpants all the time, except for travelling in the car, when you can use training underpants or a nappy. As you arrive at a new place, take your little one to the toilet and thereafter every hour.

## WHAT TO EXPECT

- ✓ Expect your little one to quickly learn what wee'ing feels like.
- ✓ Listen out for her to tell you when she is doing it and reinforce the learning of the sensation positively.
- ✓ Expect your little one not to want to go to the toilet if she is very busily engaged in an activity and in this case, give a warning – "We are going to the toilet in 2 minutes, when you have finished..."
- ✓ Expect your little one to make a wee on the potty 70% of the time you take her.
- ✓ Reward with a smile and encouragement each time she gets it right.
- ✓ Expect a little regression now and again and encourage her by saying "Oh dear – an 'oopsie'. Next time tell mommy and we will go to the loo."
- ✓ Some toddlers do not potty train for stools until much later.
- ✓ Most children have night nappies until the preschool years and that's okay.