**TOILET TRAINING – TOP TIPS**

**What to do:**

* **Make sure your child is having enough to drink – 6 drinks of at least 200mls a day!**
* **Make sure your child is not constipated – you child needs to be passing a soft stool with no pain or straining at least 4 times in a week**
* **Choose clothes that are easy to handle**
* **Associate wee and poo with the bathroom – move all nappies, wipes etc into the bathroom, change in the bathroom**
* **Make the toilet environment welcoming, have a footstool to aid good sitting**
* **Talk about wee and poo – make it apart of normal life**
* **Show the child that parents do wee’s and poo’s**
* **Put poo in the loo and say bye to poo (use Pooland appt to show poo goes in the loo)**
* **Talk about wet and dry - tell the child if their nappy is wet or dry when changing the nappy, show the child wet and dry by using kitchen roll.**
* **Get your child involved in the nappy changing process – change standing up, get them to handle clothing and make sure they wash their hands when finished.**
* **Get your child motivated – plan a reward system for simple things such as good toileting sitting, getting themselves changed**
* **Say goodbye to nappies/pull ups and start using knickers/underpants**
* **Sit your child on the toilet every couple hours**
* **Have a bag of toys for use in the bathroom while the child sits on toilet**
* **Give lots of praise and encouragement**
* **Clean up your child with minimum fuss and conversation**
* **Get your child to help with wiping their bottom- this is a skill they need to learn**
* **Be patient**

**What not to do:**

* **Don’t expect instant results**
* **Don’t at first ask your child if they need a wee or poo – they may not recognise this straight away**
* **Don’t be surprised if at first there is a lot of accidents – this is part of the learning process**
* **Don’t reward dry/clean pants – only reward things your child has control over (sitting on toilet)**
* **Don’t use pull up’s – these are still nappies Pull up’s absorb very well leaving the child unable to tell if wet or dry.**
* **Don’t switch between pull up’s and pants**
* **Avoid using clothes with buttons and zips – use clothes easy to pull up and down**
* **Do not restrict fluids**
* **Avoid taking your child to the toilet too frequently**
* **Don’t show anger, frustration or concern**
* **Never leave the child sitting on the toilet for over 5 minutes**
* **Don’t expect your child to be dry overnight straight away**

**For further information contact your School Nurse Alison or xxxxxx or visit the ERIC website** [**http://www.eric.org.uk**](http://www.eric.org.uk)