

## Transition from nappies to pants

- Talk to your child about wearing their big girl/boy pants and explain the use of the toilet.
- Put your child in clothing that is easy to take off in order to encourage independence.
- Don't be tempted to follow them around with a potty, they need to learn that they go to a set place .
- Expect accidents. Accidents will happen, but do not be put off, this is a learning process.
- It is normal to still put a nappy on your child for naptime and bedtimes. Becoming dry overnight takes longer than staying dry throughout the day.
- Use a reward chart or a little treat for when they have used the toilet.
- Remember to ALWAYS praise even for just sitting on the toilet.

## Remember. . . .

*Plan ahead if you know you're leaving the house.*

*Always check if there are toilets available.*

*Do not put a nappy back on your child as this will confuse them, instead take a potty.*

If you require any further support, please speak to the class teacher.

Alternatively, you can find lots of reliable advice on overcoming common potty training problems at:

- The Children's Bowel and Bladder Charity (ERIC) [eric.org.uk](http://eric.org.uk)
- NHS potty training problems <https://www.nhs.uk/conditions/pregnancy-and-baby/potty-training-problems/>
- Altrincham Health Visiting Team  
0161 912 4044 Altrincham Team  
0161 912 3355 Timperley Team

Elmridge Primary School also have their own Health Visitor link, so please speak to a member of staff if you would like any support with this.



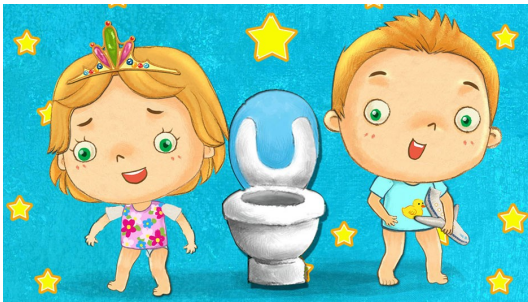
# Toilet Training

A guide for parents



TOGETHER WE WILL

Challenge the ordinary  
Promote individuality  
Be advocates for change



## Toilet Training

Learning how to use the toilet is part of growing up and like many other skills, children learn to do this at different times. Learning how to use the toilet is an important factor in your child becoming independent.

### When is the right time?

When children are younger, they urinate little and often. Therefore, it is important that your child is physically ready and is able to hold their wee. If their nappy/underwear is dry for long periods and then becomes full, this shows that they may now have more control over their bladder movements.

The timing is a crucial part of the toileting process. It is often helpful to spend a few quiet days at home, giving it your full attention.

## Signs of readiness checklist

This checklist indicates many of the signs children show when they are ready to move from nappies to pants.

Use this checklist to help you decide how ready your child is for toilet training.

- ◇ My child dislikes the feeling of being wet and may point out wet or dirty nappies/underwear.
- ◇ My child does fewer, but larger wees.
- ◇ My child is dry for periods of at least two hours at a time.
- ◇ My child can pull their own trousers and underwear up and down.
- ◇ My child can follow simple instructions.
- ◇ My child wants to be independent.
- ◇ My child knows when they are weeing and can tell me they're doing it.

## A few helpful hints and tips

### Travelling

Try not to put your child back into nappies or pull-ups for travelling. Instead, use towels to cover the seats of the car.

### Try pyjamas first

Some children find the feeling of pants around the legs is too similar to the feeling of a nappy. Try no pants and loose pyjama bottoms when first potty or toilet training.

### Rewards

Most children respond well to rewards. It may be worth considering using a reward system when the novelty of potty or toilet training starts to wear off. Initially, try to use lots of praise and the motivation of being 'grown up' to help your child become self-motivated.

### Bin them

Don't be afraid to put dirty pants in the bin! Some things just aren't worth saving.