

Toilet

There is no right age to potty train, every child is different. Most children are toilet trained during the daytime before they start school. The most important part of toilet training is to stay calm and set a routine.

Top tips

- ✓ Begin potty training at a calm time once your child has shown an interest in the potty and an awareness of how and when to use it.
- ✓ Place the potty in a warm, accessible room.
- ✓ Develop a routine that fits in with family life and stick to it.
- ✓ Sit your child on the potty at regular intervals - every 60 minutes. Gradually increase the time to every 2–3 hours.
- ✓ Use appropriate clothing which is easily removed.
- ✓ When your child sits on the potty give praise and encouragement.
- ✓ Accidents will happen – don't worry about this; just remind your child how well they are doing.

It usually takes a little longer to learn to stay dry throughout the night. Although most children learn this between the ages of three and five, it is estimated that a quarter of three year olds and one in six five year olds wet their bed.



For more information visit: www.eric.org.uk or www.nhs.uk