

Top tips for starting toilet training

Timing

Are they ready?
Are you ready?
Plan when you will start

Look at your toilet environment

Is it inviting, friendly and relaxing?

Show your child

Model using the toilet so that they can see what it looks like

Buy underwear

Choose pants with favourite characters/colours

Show your child where

poo and tissue go
Flush the poo from their nappy 'bye bye poo'

Changing

Change your child standing up in the bathroom to help them get used to the room

Regular toilet visits

Take your child every 1.5 - 2 hours- NOT every 30 minutes!

Give your child plenty of fluids

Increase fluids to avoid constipation

Look at your bathroom environment:



- * Strong smells may be difficult for your child
- * Temperature- is it too cold/hot?
- * How busy is your bathroom space?
- How bright are your lights?

Sensory toys can help motivate your child and make them feel comfortable



Songs can make toilet time more predictable



[\(8\) Toilet Train Song | Potty Training Help | Bing - Sing-along and Story Time – YouTube](#)
[\(8\) Potty Training Song | CoComelon Nursery Rhymes & Kids Songs - YouTube](#)

Next steps:

Toilet positioning:
- Use a stepstool or rolled up towel so knees are higher than hips.
- Child toilet seats to help your child be comfortable (and motivated!)



Helpful resources:
'Can't wait' card
Radar key- to give access to public toilets
Movicol- medicine for constipation



Promote Predictability
* Use an Object of Reference – show your child their nappy/pants to show them what is happening next
* Use a toilet jig
* Use a toilet symbol
* Keep a toilet diary to see patterns- BEAM can provide

