

Toileting Advice for Parents at Alumwell Nursery

Using a potty is a new skill for your child to learn. It's best to take it slowly and go at your child's pace.

Being patient with them will help them get it right even if you sometimes feel frustrated

Most parents start thinking about potty training when their child is between 2 and 2 and a half, but there's no perfect time.

Some people find it easier to start in the summer, when there are fewer clothes to take off and washed clothes dry more quickly.



Top 5 tips

- Use easy clothing – jogging bottoms, skirts, clothes that are easy to quickly pull up and down.
- Get into a routine – avoid 'asking' if your child needs the toilet as they may not understand that yet but rather take them regularly.
- Be consistent – let everyone who cares for your child know what you are doing, this way your child will have routine.
- Give lots of praise
- Be patient

If you need any further help or advice, speak to your Health Visitor, GP Surgery Nurse, Local Sure Start Family Hub or visit the websites below.

www.nhs.uk/conditions/pregnancy-and-baby/potty-training-tips

www.eric.org.uk/top-10-potty-training-tips