

Toileting Tips

Generally children will start to show an interest in learning to use the toilet at around two-years-old to two-and-a-half, but every child will be different and they should not be pressurised to start before they are ready



Signs that children are starting to develop bladder control include:

Being able to stay dry in a nappy for 1½ to 2 hours

Knowing when they've got a wet or dirty nappy

Becoming aware when passing urine and telling you about it

Fidgeting or going somewhere quiet.



Tips for Toileting:



Modern disposable nappies contain a 'super-absorbent' layer which 'locks away' urine within the nappy, so the child never feels wet.

Feeling wet after doing a wee is part of learning to become toilet trained.

You can help your child understand about wees and poos by putting them in cotton pants with a disposable nappy on top or using cloth nappies or washable cloth trainer pants

When toilet training, try and dress your child in clothing that is both easy to pull up and down.

It will also help if it is quick and easy to wash and dry.

Avoid zips, buttons and straps if possible, as these can make it more difficult for you and your child to get clothes down quickly!



Children may feel frightened when they sit on the toilet as their feet do not reach the floor and there is nothing for them to hold onto.

A children's toilet seat and step will help.

The seat must sit firmly on the toilet seat. It must not wobble.

The step should be high enough for your child to be able to rest their feet on it, while they are sitting on the toilet.

Children enjoy being praised when they sit on the toilet

When they do have a wee or poo it's cause for great celebration and children enjoy the praise and fuss

You'll need to continue giving gentle reminders until your child is reliably dry and independent

Avoid making a fuss if they do things you don't want them to do, such as wetting their pants.



Some children are frightened by the flushing sound of the toilet, so never flush the toilet whilst your child is sitting on it.

However, other children are fascinated and like to see the water flushing

Encourage children to flush as a reward for using the toilet successfully and to wash hands every time.