

**AVOID STARTING IF:**

- There is a new baby or moving house. These are stressful times for you and your child.
- Forceful training is not likely to be successful.
- Be flexible, if you feel you have started potty training too early, leave it a couple of weeks and start again.

**REMEMBER**

**START WHEN YOU AND YOUR CHILD ARE READY**

**HAVE A POSITIVE ATTITUDE**

**ACCEPT ACCIDENTS**

**YOUR HEALTH CARE PROFESSIONAL WILL HAVE HELP AND ADVICE - ALWAYS ASK.**



**Top Tips for Toilet Training in Children**



**THE ADELAIDE & MEATH HOSPITAL, DUBLIN**  
INCORPORATING THE NATIONAL CHILDRENS HOSPITAL

**Statement of Values**

**Respect - Caring -**  
**Openness - Partnership -**  
**Teamwork Fairness & Equality**

**THE KEY TO SUCCESSFUL POTTY TRAINING IS TO LAVISH PRAISE WHEN YOUR CHILD PERFORMS IN THE POTTY OR TOILET AND AVOID COMMENTING, IF THIS DOES NOT HAPPEN.**

### WHEN TO START

There is no fixed age for starting potty training. Your child is ready when he/she is capable of:

- Letting you know that he/she wants to go.
- Understanding words for going to the toilet - “wee-wee, poo-poo”
- Knowing that he/she is wet.
- Being comfortable and happy with himself/herself.
- Sitting comfortably and steadily without support.

### HOW TO START

- **BE POSITIVE** – Be in the right frame of mind yourself.
- All carers looking after the child should have the same attitude to training.
- It can be easier to train in warm weather when a child can be left without a nappy.
- Let your child choose his/her own potty after explaining to him/her about this new venture.
- Stay at home during the initial stages to avoid putting pressure in yourself and your child.
- Leave the potty within view and easy reach.
- Increase fluids during this phase
- Use clothes that are easy to pull up and down.
- Girls can be quicker to train than boys.
- Introduce your child to the toilet, a step or seat is advisable in order to feel comfortable.
- At first avoid flushing the toilet when the child is seated on it as this can be frightening.
- Show your child how to wipe properly (front to back in girls) and also how to wash and dry hands thoroughly.
- Start good toilet hygiene habits now so as to prevent problems later.