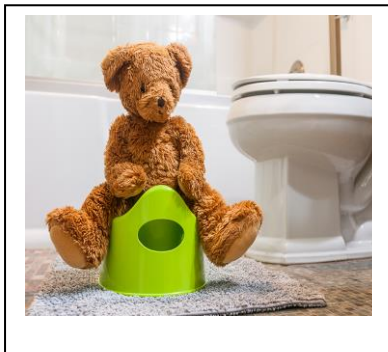


Going to the toilet

Helping your child to become toilet trained and not need to wear a nappy is a gradual process with lots of stages.



Your child will need to develop a number of skills before they can use the toilet on their own, which include:



- Having the awareness that they need to go
- Being able to say that they need to go
- Being able to travel to the toilet in time
- Being able to undress
- Being able to get onto the toilet
- Sitting on the toilet until they have finished
- Being able to wipe and clean themselves
- Being able to re-dress
- Flushing the toilet
- Washing and drying their hands

Children develop these skills at different stages and toilet training cannot be forced if a child is not ready. Most children will become toilet trained between the ages of 3 to 5, some may develop earlier and some may develop later. Not all children will tell you when they need to go to the toilet, so you may have to look out for signs when you think that they are ready to start toilet training.

It is important to start involving your child in the process as early as possible to get them ready to use the toilet as it will take time to learn. It will help your child to work on building one skill at a time, as they will need lots of practise. You will need lots of patience as children can continue to have accidents even if they have been dry for a while.

Children need to feel relaxed when they are sitting on the potty or toilet to help them wee or poo. If using the toilet, they may need a smaller seat to sit on or a step under their feet to make them feel safe.



Learning a new skill takes time so your child will need lots of practise every day.