

## Potty Training

Teaching your child to learn to use the potty is a new skill for them to learn. If you are new to this it's a new skill for you too, so here's a little help from us "The Community Outreach Team".

Being patient will help them even if you feel frustrated, being patient will help them get it right.

### 1. Keep calm and Potty Train

Children will control their bladder and bowels when they are ready.

Every child is different, so don't compare your child with others.

Most children will control their bowels before their bladders. By the age 4 years old most children are dry during the day, even then they will still have the odd accident, especially if they are excited, upset, or pre-occupied in play.

It takes a little long to stay dry throughout the night.

### 2. When to start Potting Training.

Remember there is not a right time to start, every child is different, you cannot make your child use the potty, they will want to soon.

The best thing to start with is encourage good behaviour.

You can work out when your child is ready, there are signs to look out for, this means your child is showing signs for bladder development.

- . When they know they have a wet or dirty nappy.
- . When they know they are peeing in their nappy, they may tell you.
- . They show they need to pee by fidgeting or going somewhere quiet, or maybe hiding.

If you start early before they are ready, be prepared for a lot of accidents.

### 3. Getting them ready for potting Training.

Get them use to the idea gradually.

- . Leave a potty where your child can see it and explain what's it for. Using a toy to show what the potty is for can also help.
- . As soon as you see the signs your child needs to wee or poo encourage them to sit on the potty.
- . Encourage your child to sit on the potty after meals. Having a book or a toy to look at whilst sitting on the potty helps to.

. If they wet themselves don't make too much of a fuss because they soon become anxious and might get upset to use the potty.

. Don't forget to remind them regularly about using the potty, take the nappy off using some pants to make it easier.

**Some children take longer than others, remember each child is different.**

#### **4. Praise**

If they manage to sit on the potty and stay for a while, praise them!

If they succeed in using the potty for a wee or poo, praise them!

Remember a praise is not giving them sweets, it's a smile and a hug!

Good luck

Let us know how you get on or have any questions by emailing the Community Outreach Team

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