



# Potty Training your Terrific Toddler

It might seem like they'll never get the hang of it - but they will when they are ready. Don't let your family and friends pressure you into starting too early and don't believe that Mrs Knowitall had her toddler dry at one year old!

It is not until eighteen months to two years that your toddlers nervous system will be developed enough to know when they want to go. To potty train be relaxed, be consistent and **PRAISE**.

**1st** Your toddler will start to be aware of a wet or dirty nappy.

**2nd** Your toddler will know when they're weeing, and will often tell you.

**3rd** Your toddler will begin to tell you when they're about to wee.

- Show your toddler the potty, tell them what it is for and leave it around the house. Try them on a child's toilet seat. It will help if you let them see you using the toilet.
- If they poo at the same time each day - take their nappy off and let them try the potty. If they don't like it, put the nappy back on and leave it for a week or two. Give them lots of praise for performing or just for sitting.



# Sure Start Children's Centres

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- Have your toddler sit on the potty at regular times - like after meals and drinks, before and after a bath, first thing in the morning and last thing at night.

- Leave the nappy off - you can use towelling trainer pants; absorbent sheets for the bed in case of accidents.

- If possible, start in the summer. Your toddler will be wearing fewer clothes.

- Carry spares - a nappy and a set of clothes in case of accidents.

- Accidents will happen - so keep cool and don't show you're cross. They haven't done it on purpose!

- Though it can seem to be taking ages, stick with it and don't worry if other toddlers are getting there first.

- Learning to use the potty will give your toddler a real sense of achievement.

- Remember that if there are changes or upsets at home they may reject the potty for a while.

- If they need it, give them a break - try again in a few weeks.

**First Contact**  
and  
**Support Hub**

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[fcsh@hartlepool.gov.uk](mailto:fcsh@hartlepool.gov.uk)  
<http://hartlepool.fsd.org.uk>

Ref: Little baby books  
Heads-up lookers and communicators

To find your nearest children's  
centre call: **01429 284284**

