

I need to wee wee

When your child asks to go to the toilet assist them with their clothing and set them on the toilet. Stay with them, giving them encouragement. Keep a few books close by, as distracting them will take the pressure off for an immediate result.

After a few minutes help your child off the toilet. Reward them with praise and hugs. If they were not successful just reassure them that they can try again later.

Please note that it is not uncommon for children to have an accident soon after coming off the toilet. This is usually not a sign of stubbornness but indicates that it takes time to learn this new skill. However, if accidents are very frequent this may be a sign that your child is not ready for toilet training yet.

More tips and ideas

Story time There is multitude of story books on the market now dealing with the issue of toilet training. Why not get one to read with your child at bedtime to show them there is nothing to fear from toilet training.

Night Time Some parents prefer their child to master toileting through the day before tackling the night time. Night time control often comes months later after the child has grasped day time control. When your child has dry nappies in the morning it is usually a good indication that they are ready to try without a nappy at night.

Accidents Treat accidents casually, giving your child encouragement as this will only make it easier for them to gain control.

Set backs Expect setbacks on the way to success. Like every other skill your child has learnt it takes time and patience—they fall many times before finally mastering how to walk.

Don't rush Your child will show you when they are ready to learn. Never force a child to sit on the toilet as this will only upset them and slow down the process.

If after reading this leaflet you feel that you and your child are ready to attempt toilet training and you want more advice do not hesitate to talk to any member of the Sandcastles team. We will assist you and your child in anyway we can.



"Mummy,
I need a wee wee"



Toilet training your child

Advice and tips
on how to successfully
toilet train your child
from experienced staff
at Sandcastles

The Right Time

A child learning to use the toilet is a big event and is right up there with learning to walk or talk. It is yet another sign of independence and inevitably growing up!! It is a big deal for both the child and his or her parents. But when is the right time?

Every child is unique and develops at their own time and pace. However most children are ready to begin toilet training between the ages of 2 and 3. Generally girls will toilet train around the age of 2 1/2 while boys will be trained by the age of 3. Do not be alarmed if your child does not follow this example. As mentioned before children learn at different rates.

The secret to success is patience and timing, not only for the child but for the parents/ guardians too. Teaching your child to use the toilet will take up much of your spare time for the first few weeks and requires much energy and washing of underwear!!

Emotional readiness of the child is also important. Many bright, normal 3 year olds may not be interested in toilet training as they do not see this task as important as learning other new skills such as talking. A child who resists toilet training now, may grasp the concept in 3 or 6 months time often virtually overnight.

Ultimately follow your child's lead. When your child is ready they will let you know. Rushing your child through toilet training will only lead to frustration and tears. Likewise, beginning to soon may delay learning.

Is your child ready?

Ask yourself the following questions:

Can my child:

- * Stay dry for a couple of hours each day?
- * Follow simple directions?
- * Walk to and from the bathroom, pull down pants, pull pants up?
- * Let me know when he/she wants to be changed when nappy is soiled?
- * Does my child want to sit on the toilet?
- * Has my child asked to wear pants?

If you have answered **Yes** to most of these questions your child may be ready to toilet train. If you have answered **No** to most of these questions you may wish to wait a little longer.

When to wait

It may not be suitable to begin toilet training during times of stress such as:

- * The arrival of a new baby
- * Moving from a cot to a bed
- * Moving House
- * When a family member is ill
- * Just before going on holiday
- * Beginning a new child care arrangement
- * When your child refuses to engage in any aspect of toilet training

TOP TIPS to TOILET training Relax!

This is going to be a long process, often frustrating but in the end very rewarding. A happy, easy going approach will work best. Give your child praise every time they go to the toilet even if they don't do anything. And when they have accidents (and there will be plenty) don't get disheartened just say "We'll use the toilet next time." Remember every child learns at a different rate.

Imitation

Children learn through imitation. At Sandcastles we often find that children go to the toilet more often and easier as they can go to the bathroom with their friends. When at home let your child follow you into the bathroom and talk about what you use the toilet for. If you feel comfortable, you could even let your child see you using the toilet. Remember to teach your child to flush the toilet and wash their hands after every use.

Potty or toilet

At Sandcastles we encourage children to use the toilet from the start. However if you are not comfortable with your child starting at the toilet stage you need to buy a potty. Whatever method you decide upon you may want to sit your child on the potty or toilet fully clothed to allow them to become familiar with the idea.

Clothing

Children will leave going to the toilet to the very last minute. With this in mind it may be easier to put them in clothing which is easy for them to pull down in a hurry! Avoid zippers, buttons and belts.

While some people suggest starting children in disposable training pants such as 'huggies pull up pants' at Sandcastles we find that many children think of these as nappies and go in the training pant instead of the toilet. We would suggest that right from the start your child uses ordinary pants. Just remember to take many changes of pants and trousers/ skirts with you.