

Toddler Toilet Training



Your tot will let you know when they're ready to start potty training. And you'll almost certainly get lots of advice from friends and family. Make sure everyone who cares for your child knows your child is potty training and tell them the words you and your child use for the toilet.

When the time is right, what a delight, and dry all night!

Achieving bowel and bladder control is a natural part of a child's development, and there are some simple steps you can take to encourage your child to master this aspect of their independence.

Most children start leaning towards self-toileting around between 18 months – 2 years. Rather than using age as an indicator however, it is easier to look out for signs that they may be ready.

Prepare for this by choosing a potty or a special seat that goes over the toilet, and a stepping stool.

Some typical signs are: the nappy is staying dry for longer periods; your child starts to become aware of a wet or soiled nappy and may begin to tell you; your child starts to take an interest in other people using the toilet, often following them in and watching; your child may also start telling you that they don't want to wear nappies anymore.

Encourage your little boy to "target practice", so that he learns how to aim his urine stream into the toilet (and not over the seat or floor). Celebrate this stage of your child's development with lots of praise (even when progress is slow), and maybe take a trip to purchase special 'big girl or boy' underwear.

Think ahead and remember to take the potty with you on trips away.

How can you help you toddler?

Avoid attempting toilet training if there are any significant or stressful events taking place, such as arrivals of new siblings or moving house.

You can help aid the process by being patient, tolerating 'accidents', and sitting your child on the potty or toilet at crucial times (such as 15-30 minutes after eating).

It also helps if children are:

- Capable of sitting still for short periods
- Able to pull down training pants and other items of clothing
- Able to follow simple instructions so that they understand what they should do, for example when to flush and that they should wash their hands.

If your child tells you before they do a wee or poo, thank them for telling you and take them to the toilet or potty straight away. Toddlers cannot hold on for more than a few seconds.

If they don't make it the first time, give them praise for whatever they have managed, e.g. pulling down their pants, trying to get to the toilet, or even just sitting on the toilet.

Your child needs to be between the ages of 18 months and three years before they are mature enough to recognise the urge to go to the toilet.



Make sure they see that praise is for learning a new skill, not something they have done to please you. For example you might say, “You did that really well” rather than “You’re a good girl for mummy/daddy”.

Children should not be made to sit on the potty or toilet for long periods of time. This can feel like punishment to the child and does not help toilet training.

Some children are afraid of being flushed down the toilet, for these children a potty may be best. Children become ready in their own time, and it is important to remember that toilet training works best when there is no pressure.

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Don't start toilet training too early. Children usually reach two years of age before they can recognise and respond to toileting signals such as a full bladder. Premature toilet training will only frustrate you and upset your child, because they can't do what you ask of them

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Want more information?

Parentline NSW

Phone 1300 1300 52
For advice on child health and parenting
www.parentline.org.au

Healthdirect

Phone 1800 022 222, 24 hours To speak to a registered nurse.
www.healthdirect.gov.au

Families NSW

Various resources to help parents at any stage in life.
www.families.nsw.gov.au

Raising Children

The Australian Parenting Website
<http://raisingchildren.net.au/>

Beyond Blue

Phone 1300 22 4636
Phone and online support if you are feeling low. www.beyondblue.org.au

PANDA (Post and Antenatal Depression Association)

Phone 1300 726 306
For information, support and counselling for new parents, family and friends
www.panda.org.au

Local Services

Goonellabah Child & Family Health Service

Phone 02 6625 0111
9am – 4:30pm, Monday to Friday to make an appointment.

Lismore Community Health - Child and Family

Phone 02 6620 7687
8am – 5:00pm, Monday to Friday to make an appointment.

Family Support Network

Family Workers can offer you practical and emotional support to enhance & strengthen your parenting & family relationships.
Phone: 02 6621 2489
www.fsn.org.au