

Potty training tips



0 to 19
TORBAY
for you

Be patient when potty training and expect accidents - this is normal. It's a new skill that can take a while for your child to learn.

Don't stress - it's OK to stop potty training for a few months as every child is different.



Things to know

You can get further advice from your Health Visitor or local Children's Centre. There are a number of signs that your child is starting to develop bladder control:

- They know when they've got a wet or dirty nappy.
- They get to know when they're peeing and may tell you they're doing it.
- The gap between wetting is at least an hour (if it's less, potty training may fail and, at the very least, will be extremely hard work for you).
- They show they need to pee by fidgeting or going somewhere quiet or hidden.
- They know when they need to pee and may say so in advance.



Things to try

- It's best to use clothing that is easy for your child to pull up and down.
- You can get storybooks for potty training from the library or your local Children's Centre.
- Take your child to the potty every few hours, and 40 minutes after having a drink.
- Keep it short. A few minutes sat on the potty is fine.
- Give lots of praise, even if it's just for your child sitting on the potty.
- Let your child choose their own pants.
- It's best to keep the potty in the bathroom so that your child learns this is where we go to the toilet.