

The summer months are often good for toilet training when children can wear little or no clothing. Some children show they are ready for toilet training around two, for others it can be around three or later and night time control may not be achieved until eight.



Is your child ready for toilet training?

Getting the timing right is key, as rushing it may actually end up taking longer in the end. It's also important to avoid starting toilet training at the same time as other transitions or life events. Things to look out for are:

- interest in others using the toilet
- dry nappies for two hours or more
- announcing a wee or poo, especially beforehand
- disliking or trying to take off a wet or dirty nappy
- interest in wearing underwear
- being able to pull clothing up and down
- being able to sit and rise comfortably

Making the transition

If you feel your child is ready decide whether to use the potty or a toilet, but make sure that they can rest their feet firmly on the floor or on a stool otherwise it's difficult for them to relax their muscles enough to go. You can schedule sitting times and act fast if you notice them wriggling or holding themselves. Encourage them to pay attention to how their body feels so that they can start to recognise the signs themselves. Remind boys about a little shake and girls about wiping front to back. Of course make sure everyone washes their hands afterwards.

At preschool

Your child's preschool should be able to support you with this. Let them know what words you use at home so that they can reinforce them. At Play B C we will encourage children to use the toilets at preschool, but if a child won't sit on anything other than their own potty, we are happy for it to be brought in. Whether or not you try pull-ups or go straight to pants is a matter of preference, however we find that pull-ups can be a little confusing for the children. Once you go for it, steer away from belts and popper vests and try to send your child in wearing clothing that they can manage easily.

Keeping it going

Some people don't recommend rewards, but we find them helpful and use stickers, but you will know what works best with your child. Getting to flush the toilet is often a good incentive as is getting to choose new underwear. Whatever happens stay positive and shrug accidents off, however frustrating they may be. If you find your child just is not ready, try again in a few months.

Play B C Preschool where every day is a learning adventure.

www.playbc.co.uk

www.facebook.com/playbc

info@playbc.co.uk