Toilet training workshop 2023

Miss Lindsay and Mrs Bush

When to start?

Average age, neuro typical children.

Potty training age varies depending on the child and the family, but most children start working on this skill between 18 months and 3 years of age. The average age of potty training, some experts do not recommend starting before the age of 2yrs

You cannot force your child to use a potty. But you may want to introduce sitting on the potty as part of their normal day when around 18months to 2 years. Most children are bowel and bladder trained by 4 years of age, but some still wet the bed sometimes.

Average age Neurodiverse children

Some children may meet their milestones, but some may take a few years more, or some may never be potty trained, and that's ok, and the stage the child is developmental at.

Here are some signs your child may be ready to be toilet trained…





They know when they have a wet or soiled nappy.
They get to know when they are passing urine and may tell you they are doing it.
The gap between wetting is at least an hour.**[if it is less, potty training may fail, and at the very least will be extremely hard work for you]**
They show they need to urinate by fidgeting or going somewhere quiet or hidden
They know when they need to urinate and will say in advance.

Before beginning to toilet train, make sure there are no great disruptions or changes to your child's or your family routine. This can make it stressful for the child. For example, new baby in a few days, family holiday.

Helpful child friendly adaptions











Before we go ahead.



- **Location**

Children will familiarise particular routines with their location, so its important for them to begin linking the bathroom with having a wee or poo, in the weeks running up to toilet training. It is good to change the child's nappy in the bathroom. Once training begins, a potty should always be present in the bathroom.

[In emergencies could keep one downstairs]

- **Practice**

It is a good idea to let children practice using the potty or toilet prior to taking away the nappy full-time

Each time you change their nappy encourage them to sit on the potty or toilet, allowing them to familiarise themselves with it and associate it with going for a wee or poo

In my experience letting the child go to the bathroom with a sibling will help the process.

Important things to remember

Clothing

Difficult to unfasten clothing may hinder a child who is toilet training, in the first few months a child is learning to understand how to control their bladder, meaning they usually notify you of needing the toilet at the very last minute. Put them in clothes that are easy to change. Avoiding tights and clothes with zips or buttons.







Accidents

Accidents **will** happen during training, so it is important to keep positive and upbeat about the situation. If a fuss is made over an accident the child may begin to feel pressured or anxious leading to more accidents. Simply changing the child and encouraging them to try using the toilet next time will help support them to be more successful**. [Avoid at all costs, putting your child back in nappies]**



Important things to remember!





Good hygiene

It is important to encourage good hygiene with young children who are being toilet trained.

Wiping themselves and hand washing correctly should be part of the process. Ensure the child has access to clean water, soap and tissues when using the toilet.

Praise

Praise is the best way to encourage the child to use the potty or toilet. It can be quite tricky to get the right balance between giving praise and making a big deal out of it. Too much emphasis can make some children shy and not want a great deal of attention. **[you know your child best]**



Waiting time

Children that are new to toilet training may struggle to sit for a long period of time, having a book or favourite toy to play with can help your child to stay there. A sand timer can be useful too.

[Do not put too much pressure, on the child the time will increase.] Timers are useful.

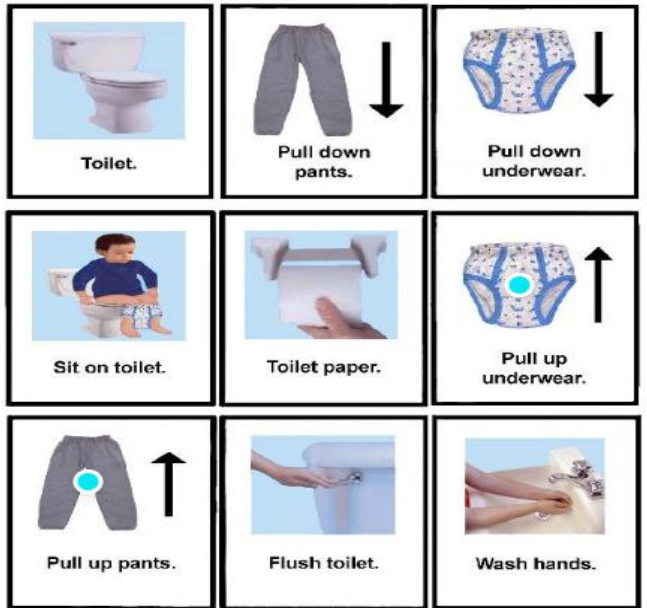


Sticker chart and visuals



Sticker charts are a great way to encourage the child to continue using the potty or toilet.
It is a good idea to start off with daily charts. As this gives an achievable time frame to stay dry.
As the child progresses ,daily charts can become weekly, for children that are finding it difficult, daily incentives can be a great way to encourage them. Having visual support will help immensely.







Thankyou for listening remember don't be hard on yourself or your child. Its a journey. **Enjoy!**



