

TOILET TRAINING

WHAT DOES IT MEAN TO BE TOILET TRAINED?

Your child is toilet trained, when he/she doesn't wet him/herself, is dry during the day and goes to sit on the potty or toilet when needing a wee.

WHAT IS THE AVERAGE AGE TO BE TOILET TRAINED?

Most of the time, toilet training will start between the ages of 1.5 and 3. First your child will be toilet trained during the day, then also during the night. Boys generally take a bit longer than girls, as their body works slightly differently.

WHEN IS YOUR CHILD READY TO BE TOILET TRAINED?

You cannot force your child to use the potty. If your child still wets him/herself, he/she is not being naughty. Your child just might not be quite ready for it. Punishing your child doesn't help. If you force your child, he/she could end up having problems with his/her bladder or sphincter.

Your child is ready to be toilet trained when:

- he/she can pull his/her pants down and back up
- he/she is interested in the potty or goes to the toilet
- he/she understands that wee belongs in the potty
- the nappy stayed dry for two hours in a row a few times
- he/she does a wee or a poo at set times
- he/she feels when he/she is doing a wee or a poo

Starting too early is pointless, your child will indicate when he/she is ready to be toilet trained.

TOILET TRAINING IN STEPS

1. Let your child become familiar with the potty by talking about it and showing what it's for.
2. Let your child go on the potty with clothes on.
3. Let your child sit on the potty with a bare bottom. It doesn't matter if he/she doesn't do a wee.
4. The first time your child does a wee in the potty, you may reward him/her extensively. You may remind him/her often that he/she can wee in the potty.
5. If your child has been using the potty for a while, you can get him/her used to the big toilet in the same way as getting used to the potty.
6. Being toilet trained at night will follow when your child has already woken up dry a few times in the morning.

