

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.

A FEW TIPS

1. BE PATIENT

If it is not working after a few weeks, don't make an issue out of it. Restart using nappies and wait for a while.

2. DON'T GET CROSS ABOUT ACCIDENTS

Even if your child has been dry for a while during the day and during the night, it is normal that accidents occur. It is normal that children occasionally wet themselves during the day and until the age of 7, bed-wetting can be a regular occurrence.

3. WEE AND POO ARE NOT DIRTY

As wee and poo come out of your child's body, he/she will consider these as something that's part of him/her. If you indicate that it is dirty, your child will think him/herself as dirty and he/she will be ashamed of his/her own wee and poo.

4. YOU CAN NEVER GIVE TOO MUCH ENCOURAGEMENT

It is important to reward your child each time he/she stayed dry during the day or the night. A kind comment, a hug, a thumbs-up or playing a game are very good ways to show your child that you like what he/she can do already.

5. TEACH YOUR CHILD TO WEE ONLY WHEN THE BLADDER IS FULL

If your child doesn't need a wee, he/she will try and push and thus develop incorrect bladder habits. Toilet training needs to happen following the rhythm of the child's bladder, not watching the parents' clock.

6. MAKE SURE YOUR CHILD WEARS COMFORTABLE CLOTHES

Your child needs to be able to undo his/her clothes easily. Your child should be able to pull his/her pants down to the ankles to be able to urinate with the legs apart.

7. ENCOURAGE NORMAL BLADDER AND DRINKING HABITS

Many children don't drink enough fluids during the day. Teach your child to drink and to go to the toilet at regular, set intervals. Pick moments for your child to go to the toilet, when you can expect result, for instance after sleeping or eating.

8. CONSULT A DOCTOR IN THE EVENT OF PROBLEMS

There are different tools for parents to start a therapy. To start with, however, a correct diagnosis of the problem is necessary. Wrong therapies will make the problem worse.

DO YOU HAVE ANY FURTHER QUESTIONS? POP INTO A HUIS VAN HET KIND OR VISIT WWW.OPVOEDINGSWINKELANTWERPEN.BE