

## Tips for helping your child to be dry at night

- Most children become dry at night after being dry during the day.
- If their nappy is drier over night or they want to try without one, remove their nappy but use a bed protector as accidents will happen.
- A child's bladder needs to be big enough to hold the urine all night so encourage 7 - 8 medium cups of drink during the day.
- Have just a small drink 1½ hours before bedtime.
- Go to the toilet before getting into bed.
- Use just a night light in case they need to get up in the night.
- Again, give praise and reward their successes!

## Useful links

[www.leedslibraries.nhs.uk](http://www.leedslibraries.nhs.uk)  
[www.babycentre.co.uk](http://www.babycentre.co.uk)  
[www.nhs.uk](http://www.nhs.uk)  
[www.sparklebox.co.uk](http://www.sparklebox.co.uk) (for reward charts)  
[www.henry.org.uk](http://www.henry.org.uk) (follow the 'What's on' link)  
[www.leedscommunityhealthcare.nhs.uk/0-19team/](http://www.leedscommunityhealthcare.nhs.uk/0-19team/)



You can find us on Facebook:  
**0-19 Public Health Integrated Nursing Service**

## Books

*Pirate Pete's Potty*  
*Princess Polly's Potty*  
by Andrea Pinnington

## Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email [lch.pet@nhs.net](mailto:lch.pet@nhs.net)

**We can make this information available in Braille, large print, audio or other languages on request.**

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# Toilet training tips



**Public Health Integrated  
Nursing Service**



## Are you ready for your child to start using the potty/toilet?

- There is no right age to toilet train. Most children will be ready between 18-30 months.
- Are you in the right mood? Can you be calm when accidents happen?
- Are you ready to encourage the successes and ignore mistakes?



If you go out, take a potty with you

Give a drink 10 to 15 minutes before toileting

Remember you cannot force your child to use a potty

Do not make a fuss when they have an accident

## Is your child ready to use a potty/toilet?

- Does your child stay dry for 1½ – 2 hours between wet nappies?
- Do they have predictable bowel movements?
- Do they let you know when they've 'been' using words or gestures?
- Do they see others in the family using the toilet and show an interest?
- Can they sit on and get up from the potty and pull pants up or down with only a little help?
- Do they understand the right words (e.g. wee and poo)?

Most children can control their bladder before their bowel

Avoid using child-like terms for toileting

## Accept mistakes

- Be patient!
- If they get upset, stop and try again in a few weeks.
- Reassure them that they can try again next time.
- Have plenty of clothes that are easy to wash.

## How to start toilet training

- Leave a potty where your child can see it and can get to know what it's for.
- If you have got an older child, your younger child may see them using it, which will be a great help.
- It helps to let your child see you using the toilet and explain what you are doing.
- If your child regularly has bowel movements at the same time each day, leave their nappy off and suggest they go to the potty/toilet.
- If the child is even the slightest bit upset by the idea, just put the nappy back on and leave it a few more weeks before trying again.
- As soon as you see that your child knows when they're going to pee, encourage them to use their potty/toilet.
- If your child has an accident, just mop it up and wait for the next time.
- It takes a while to get the hang of it, don't make a fuss when they have an accident then they won't feel anxious and worried and are more likely to be successful the next time.
- Your child will be delighted when they succeed, a little praise from you will help a lot. It can be a little tricky to get the balance right between giving praise and making a big deal out of it. Don't give sweets as a reward as that can end up causing more problems.
- When the time is right your child will just want to use the potty/toilet and they will just be happy to get it right. Reward charts can be useful.
- When they have used the potty encourage them to take the potty to the toilet and empty it in together, let your child see their poo/wee in the toilet, flush the toilet saying 'bye, bye Mr Wee or Mr Poo. Then both wash your hands (If your child has a fear of flushing the toilet, you may wish to leave this until end of the routine. Child can stand at the door while you flush the toilet).
- Once your child is beginning to use a potty/toilet on a regular basis do not put a nappy back on during the day, this gives the child mixed messages.
- Always carry a potty and spare clothes with you when you go out. When visiting new places, show your child where the nearest toilets are and use the same routine you do at home, use the same books or toy you would use at home.