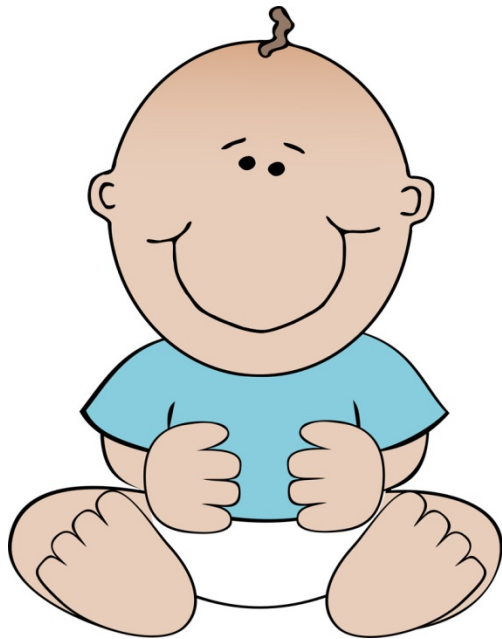


# You can



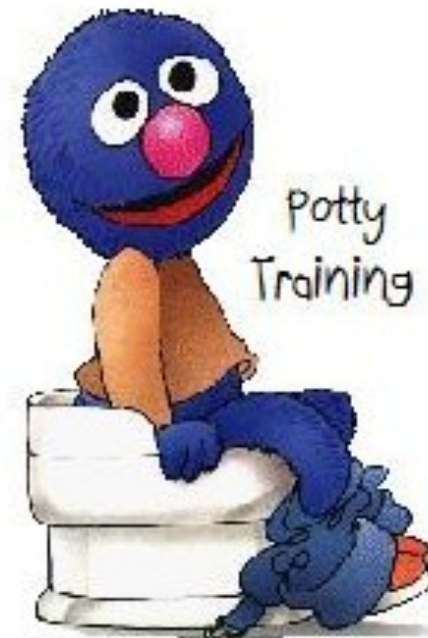
Your child is entitled to attend nursery/school despite any toileting issues

If you would like further advice or support, please contact your Health Visitor or Early Years Inclusion Team

Cathryn Giles (02920671466)

Kirsty Gamlin (02920671479)

# Is your ch rea



## A toileting Guide for Parents/Carers

### How do I know when my child is ready?

- Is your child's nappy dry more often when you change them?
- Are they showing an interest when you or your other children use the toilet?
- Do they say, pull or tug at nappy/clothes to indicate they have wet or soiled?
- Are they beginning to find a favourite place similar time of the day to go to the toilet?



**If your child is doing one or more of these things, they are ready!**

### Getting started

- Be positive and upbeat!
- Choose a time when you and your child can stay around the house
- Ensure you have plenty of pants
- Dress your child in clothes that can be pulled up and down easily such as jogging bottoms, leggings
- Make sure you have your potty nearby
- Take your child to the potty or toilet every 20 minutes to have a 'try'

**Do not expect your child to be dry through the night as quickly**

### Top Tips for a happy and dry child

- Explain to your child simply what you expect them to do in the toilet or potty
- Do not rush things!
- Expect set backs that may occur such as illness, change of routines
- When out and about, ensure you take plenty of spare clothes and your potty
- Use an immediate small reward each time such as a sticker or a chocolate button and plenty of clapping, praise, etc
- Do not be angry if your child has an accident as this may cause a setback
- Do not focus on the accident, change your child and really praise the successes!
- Be consistent! Build it into your daily routine
- Make it fun!

**Don't turn it into a battle**



November 2021