



Toilet Training

Virtual Parenting Hub - Online advice, support, and guidance empowering parents to work through challenges and find solutions.



Signs your Child may be ready to start

- Your child may be ready to start toilet training around 2 years old. Some children show signs earlier around 18 months and others closer to 3 years.
- Children learn at their own pace, be patient
- Your child will be walking
- Becoming more independent
- Can pull their pants up and down
- Can tell you when they have done a wee and poo in their nappy
- Your child is not comfortable when their nappy is dirty
- Can follow simple instructions
- Watches you go to the toilet
- Has dry nappies for 2 hours



How to Start

- Stay relaxed and do not pressure your child
- Teach your child the words wee and poo, so they can tell you
- Let your child watch mum, dad or siblings go to the toilet so they can copy
- Go shopping together and buy a potty or toilet seat, small step, and training pants, make it fun
- You can choose to sit your child on the potty first or go straight to the toilet seat
- Start putting training pants on your child so they understand the feeling of wetness
- Start toilet training at a time when you do not have any plans for a few days, and you will be at home
- Make it fun, sing songs
- Make going to the toilet a part of your child's daily routine including when waking up from sleeps, before and after eating meals and snacks
- If your child does not use the potty or toilet after 3-5 minutes, take your child off
- Praise your child when they sit on the potty/toilet and when they use it
- Use a reward chart or stickers
- You will need to wipe your child's bottom until they learn this themselves
- If your child has an accident or does not want to sit on the potty/toilet do not get frustrated
- Accidents are a part of toilet training, clean any accidents up with little fuss
- Ask your child to go to the potty/toilet before bed
- Teach your child to wash their hands after going to the potty/toilet
- If your child is refusing the potty/toilet or the toilet training is not going well over a week, stop for few weeks and try again
- Day time wetting is not a problem until over 5 years of age
- Your child will need to continue wearing a nappy for sleeps

Night-Time Toilet Training

- It usually takes your child longer to be dry overnight, sometimes months or years after they are daytime toilet trained
- Talk to your child about going to the toilet overnight and ask them to come and wake you up so you can help
- Make sure your child can get in and out of their bed and remove their pyjamas
- Make sure your child can reach the toilet light
- If your child fears the dark, you may need some night lights
- Put a waterproof cover over your child's mattress
- Take your child to the toilet as part of the night time routine
- If your child is dry in the morning praise them
- Do not punish or criticise your child if they wet the bed
- Encourage your child to drink plenty of fluids during the day, so they may not need as many fluids in the evening
- If your child is feeling pressure or stressed, take a break from night-time toilet training



References

1. raisingchildren.net.au
2. betterhealth.vic.gov.au