

Parent Pack – Toileting

- 1- Talk to your child about using the toilet or potty, incorporate it into daily pretend play
- 2- Demonstrate its use with favourite Teddy or toy and demonstrate how you use the toilet and your routine- Wiping/flushing and washing of hands.
- 3- Encourage your child to sit on the Toilet/Potty fully clothed or before bath time.
- 4- Offer lots of praise and encouragement-
Clapping/Smiles/Cheering/Positive wording
- 5- Ensure your Child is fully hydrated please do not reduce fluids.
Approx. 30-40 minutes after a big drink encourage the use of the Toilet or potty,
'It's toilet time', 'Time to use the toilet'
- 6- Use books or bubbles to relax your child while using the Potty/Toilet, allow your child to blow the bubbles as when you blow it's a natural push sensation.
- 7- Once a nappy is removed in the morning, do not put that back on your child until nap or bedtime. Encourage the use of the toilet/Potty frequently throughout the day.
- 8- If out traveling, use an up-turned nappy to be placed in the car seat or pram for your child to sit on so if an accident does happen you are able to remove the wet nappy and change your child.
- 9- If accidents do happen (this is expected) please encourage your child to use the potty or toilet so that they are still being encouraged and the routine is still being practised.
- 10- If your child attends nursery/school liaise with them for support and inform them that you are wanting to and are toileting at home.
- 11- Ask the setting if your child can sit on the potty or toilet throughout the day.
 - Give your child time,
 - Be consistent,
 - Make it fun
 - Take it at your child's speed.

Useful resources: <https://www.eric.org.uk>

East Team Health Visitors **01925 946858**

South Team Health Visitors **01925946529**

West Team Health Visitors **01925 946915**