

# Helping your child learn to use the toilet

## Get ready...

- As your child approaches their second birthday talk about using the toilet and let them see how you use it
- Decide what to call wee and poo
- Get a child's toilet seat/step and a potty (if you wish)
- Watch for signs that they are aware when wet or soiled.

## Get set...

- Choose a time when there are no other changes for your child and you are free to spend the time needed
- Tell the nursery or child minder/carer that you are starting
- Explain to your child that they are now growing older and will be learning to use the toilet and wear pants
- Have a supply of pants – let your child choose them
- Prepare a sticker chart or other reward.

## Go!

- Tell your child they are now ready to wear pants and use the potty/toilet (like big brother/sister/mummy or daddy)
- Remove your child's nappy after waking in morning and dress in pants
- Choose clothing that is easy to pull down
- Encourage your child to try around every two hours
- Reward sitting even if nothing is produced
- Reward all achievements with praise
- Stay in pants for outings – plan where your child may use a potty or toilet
- Teach your child to wash their hands after each visit
- Be patient, expect accidents and stay in pants every day



**See your  
Health Visitor  
or Nursery for  
more help.**

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