

Go to's for

TOILETING



Potty Training can be a big Parental milestone as well as for our children. Being prepared is important so we at Parentline have some helpful hints to get you started.

If you want to talk through any of this do give us a call on 0808 8020 400

Helpful to consider...

Is this the right time for you to potty train.

*Can you dedicate at least 3 consecutive days?

*Are you both well and not recovering from illness?

*Can you limit external factors eg work, family events, outings, to allow time and space for your child?

Preparing...

Normalise toilet language, use Wee, poo, constipation in conversations at home eg,

"Mummy/daddy has a feeling she wants to do a wee wee" allows child to see there is not shame in normal bodily functions

Never scold, shame or punish for accidents, they are mostly involuntary, consider if they are telling you something eg constipation, has your child started "holding"

Remember...

PRAISE ALL attempts, even accidents

PREPARE use easy clothes, wet bag, layer bedding for easy removal at night.

POSITIVE language helps remove shame and embarrassment.

To talk toileting or any other parenting matter call us

0808 8020 400

Try this...

If your child is struggling to poo encourage them to blow eg bubbles, or "can you blow me over?" This helps the child to relax which helps with the muscle movement needed to poo.