

Going Potty

Potty training can live up to its name in more ways than one – as well as being an important stage in your child's development, the whole process also has the potential to drive you potty!

We can often feel under pressure to have our child trained by a certain time, perhaps our friend's child was dry at 18 months old, or our mother-in-law has mentioned more than once how she always started potty training on her children's first birthdays! But remember that it's not a competition and every child will be different.

Having said that, here are some general guidelines:

- 📖 Some children are capable of being fully potty trained at 18 months old - **but this is unusual.**
- 📖 By the age of three, nine out of ten children are dry most days and by the age of four most children are reliably dry.
- 📖 It's normal for a child to wet the bed up to the age of five.
- 📖 Girls are generally quicker than boys at potty training.
- 📖 Most toddlers become 'dry' before they are 'clean'.

The most important thing about potty training is to be relaxed about it. Becoming stressed and frustrated will not help your child to control their bladder any earlier. Plus, pressurising or punishing them may cause them to worry about it, which will only delay the whole process.

The best time to start is when you know that you have the time to do it. It's also important to make sure there are no other major upheavals in your child's life, such as the arrival of a new baby.

Wait until you think your child is ready and, if you don't seem to be making progress, stop and try again a few weeks later. Expect to have the odd set-back and remember that accidents are inevitable so try not to get angry when this happens.



Make potty training fun!

- Buy a toy or book which can only be played with or read on the potty.
- Draw a bullseye on a piece of toilet paper and encourage target practice.
- Use a sticker chart to reward 'success'.

For more creative ways to make potty training fun, read the parents' ideas on www.babycentre.co.uk/toddler/pottytraining/parentstips

If you have specific issues or need medical advice please consult your health visitor or see your GP for a referral. More general support may be gained from the Education and Resources for Improving Childhood Continence (ERIC) helpline on 0845 370 8008, or from their website at www.eric.org.uk.

This information is supplied in good faith but Care for the Family cannot accept responsibility for any advice or recommendations made by other organisations.

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