

Toilet Chart Advice

DESCRIPTION

Many children can find it difficult to achieve independence in toileting. Indications that a child is ready to attempt toilet training include:

- The ability to remain dry/clean for 2 hours.
- That he/she is aware when performing.
- That there are signs of interest in the toilet and there is a regular pattern to wetting/soiling.

HELPFUL HINTS

Preparation:

You may like to start by completing a toileting chart to consider how often your child needs to use the toilet.

- Start to fill in potty training chart.
- Treat the nappy changing like any other household routine – a quick feel of the nappy is sufficient.
- Fill in the chart methodically and don't give up! Does any pattern emerge in the first week? It may be necessary to do this for a second week.



- If there is a pattern – for example if the nappy is wet after 12:00pm and before 2:00pm on a number of days – then it would be a good idea to aim to “catch” that wet nappy by having potty time some time before or during that period.
- It is not abnormal to find that no pattern emerges - if this is the case decide to “try for a wee in the potty” before lunchtime.
- This is suggested because the traditional routine in nursery / school is for children to be asked to go to the toilet and wash their hands before morning break time, lunch time and before the end of the day. This is a good routine to aim for.
- Decide whether to practice using a potty, potty chair or the toilet.



