

Potty training





When do children become potty trained (toilet trained)? How can you help your child? This leaflet provides information and tips.

Own pace

Every child develops at their own pace. You cannot force your child to use the potty; your child will have to learn this. There are a few things you can do to make it easier for your child. More about this later.

Between the ages of 1.5 and 2, your child will have developed enough to control their bowel and bladder muscles (they can hold in their wee and poo). There are three stages to this development:

- 1 First, your child learns to control their bowels.
- 2 Then your child learns to control their bladder, during the day at first.
- 3 Finally, your child will learn to control their bladder at night.

Becoming aware of poo and wee also involves three steps:

- 1 Your toddler notices that they have had a wee or poo.
- 2 Your child becomes aware of what they are doing.
- 3 Your toddler feels the urge to go.

Pay attention to your child's behaviour. Does your child show that they find the dirty or wet nappy annoying? Is your child interested in the toilet and what happens there? Does your child let you know when they have a full nappy by gesticulating or saying something? Or does your child find their full nappy interesting? Then you can start to help your child with potty training.

Don't start at a time when you are extra busy, for example, around the holidays. Don't start if you have any big events happening, such as a move



coming up or a new baby brother or sister about to be born. A good time to start is during the summer when the weather is often warm and you can let your toddler walk around in just their underwear.

What you can do to help your child

- 😊 Pay attention to the signals your child gives when something is coming or has happened. For example, wriggling, a sound or a certain facial expression.
- 😊 Let your toddler get used to the potty, make them familiar with it. For example, put it next to the toys and let your child play with it: the potty on the head, the teddy bear on the potty...
- 😊 Toddlers often want to imitate everything they see others doing. Make use of that! Show how you or their siblings go to the toilet. Put the potty next to it so your child can join in. Explain what you are doing and why you are doing it there.
- 😊 Keep it light-hearted and fun. It can help your child if the toilet looks cheerful. Hang up drawings, for example. It can also help to have a nice chat when they go to the toilet.
- 😊 Put your toddler on the potty or toilet at set times. Do not do this for longer than five minutes and don't force your child. Convenient times include after breakfast, after the afternoon nap or before bedtime. Start with once a day and build it up slowly.
- 😊 Compliment your child when they have done something on the potty or toilet, but don't overdo it.
- 😊 Your toddler must learn to tell you when they have done something and then when they need to do something. This takes time. It is important not to get angry with your child when it doesn't work. Stay positive and patient. It's easier for your child to wee when they are relaxed.





- 😊 When your child has a full nappy again, explain in a positive way that this actually belongs in the potty or toilet. This will help your child understand that poo and wee belong there.
- 😊 Once your child has weed or pooped in the potty a few times, they will understand how it works. Now ask your child regularly if they need to go to the toilet. This helps your child to learn how to consciously deal with the feeling of a full bladder/need to poo.
- 😊 If your child manages to go to the potty or toilet regularly, don't put a nappy on anymore but normal cotton or terrycloth underpants. Your toddler will feel the first small puddle sooner in these. You can also first put the cotton underpants on inside the nappy.

Jokes about poo and wee

For the first time, there is a kind of separation between the upper and lower body. What goes in at the top is tasty and good. What comes out at the bottom is dirty and has to go. You are happy when your child has done something on the potty, but afterwards you flush it away as quickly as possible. Children like to joke about it. This is part of the process. Children also start to discover that boys are different from girls and fathers are different from mothers. This is odd and often leads to many questions and jokes. Answer the questions and laugh along now and then. Then the mystery will soon wear off.

WE ARE HERE TO HELP



What if your child has a relapse?

Children who are in the process of becoming potty trained or who have been for a while can sometimes have a relapse. They may then no longer tell you on time that they need to wee or poo. Or they may suddenly lose interest. This may be due to:

- Illness
- The birth of a brother or sister
- Moving house
- Homesickness during sleepovers
- The first time at daycare, kindergarten or primary school

Try to accept it and stay positive. This usually passes on its own. If necessary, give your child some extra positive attention.

When are children potty trained?

Most children are potty trained during the day between the ages of 2 and 3. After that, it can take another six months to a year before a child is potty trained at night. Some children learn quickly, others take much longer. A quarter of the children are not fully potty trained until they are 4 years old.

All of the organs necessary for potty training are not fully developed until your child is 5 years old. You can, therefore, only really expect your child to be potty trained during the day from that age. Bedwetting is still common in 5-year-olds.





Helping your child with potty training: a step-by-step plan

Step 1	Pay attention to your child's signals when something is coming or has happened.
Step 2	Get your child used to the potty.
Step 3	Set a good example and explain to your child what you are doing.
Step 4	Use the potty a few times a day. Start with once a day and build it up slowly.
Step 5	Compliment your child when they have done something on the potty. If they don't succeed, stay positive and patient. Help your child when they ask for it.
Step 6	Does your child have a full nappy? Explain in a positive way that this actually belongs in the potty.
Step 7	Once your child has used the potty a few times, now ask your child regularly if they need to go to the toilet.
Step 8	Do away with the nappy and replace it with cotton or terrycloth underwear.
Step 9	Your child can go to the toilet or potty on their own. Some help may still be needed with wiping.
Step 10	There is always a reason for a relapse. Take one or two steps back.

ALWAYS NEARBY

Questions?

If you still have questions after reading this leaflet, please contact us. You can call the advice line on 010 - 24 23 200 or drop by during the walk-in consultancy hours. You can find more information on www.cjgcapelle.nl.





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