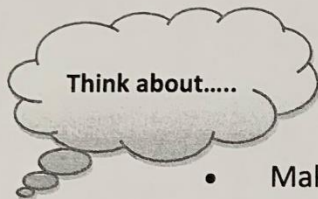


## WORKING TOGETHER

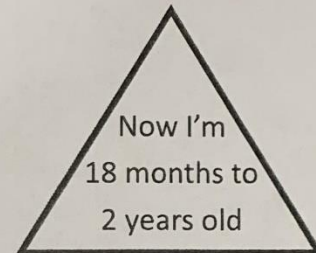
to be ready for school

# Stage 1 Toilet Training

Being able to use the toilet: 'showing that I'm ready'



- What can the child do now?
  - What are the next skills needed?
  - Make a plan to help.
- Get inspired, talk to others and share ideas.
  - Carry out the plan. Keep practising. It may take some time but it's worth it.



**1.** I am starting to notice when something is happening in my nappy. I can often feel uncomfortable, I might even try to pull my nappy off.

**2.** I am interested in other people using the toilet, and I understand the words for this in my house (wee/poo).

**3.** I am drinking plenty of drinks during the day, and have regular bowel movements.

**4.** I am able to go several hours without doing a wee in my nappy.

**5.** I am understanding and following simple instructions. I try to do some self-care tasks without help.

**6.** I am happy to spend time without my nappy on. I think I might be ready to wear pants now and start stage 2 toilet training!

For detailed information visit [www.derbyshire.gov.uk/readymforschool](http://www.derbyshire.gov.uk/readymforschool)



## WORKING TOGETHER

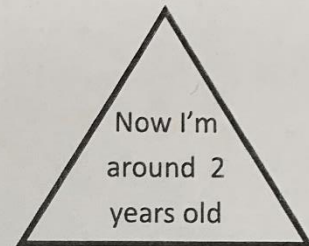
to be ready for school

# Stage 2 Toilet Training

Being able to use the toilet: "I want to get going"

Think about.....

- What can the child do now?
  - What are the next skills needed?
  - Make a plan to help.
- Get inspired, talk to others and share ideas.
  - Carry out the plan. Keep practising. It may take some time but it's worth it.



1. I am happy now I am wearing pants, and I have been told that I can use the potty/toilet.

2. I am happy to practise when my carer regularly takes me to the toilet.

3. I am happy to sit on the toilet/potty, but I do not always do anything and it's ok.

4. I am happy when my carer gives me lots of positive attention for sitting on the toilet.

5. I am happy when I get given time; please be patient with me.

6. I am happy to go out wearing pants and I know I have extra pants just in case. I think I am ready for stage 3 toilet training!

For detailed information visit [www.derbyshire.gov.uk/readyforschool](http://www.derbyshire.gov.uk/readyforschool)

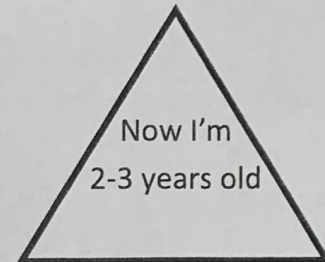
to be ready for school

## Stage 3 Toilet Training

Being able to use the toilet: "help me keep going"

Think about.....

- What can the child do now?
  - What are the next skills needed?
  - Make a plan to help.
- Get inspired, talk to others and share ideas.
  - Carry out the plan. Keep practising. It may take some time but it's worth it.



1. I am wearing pants all day long from when I get up, and even when we go out.

2. I am not always sure if I need a wee so I might go to the bathroom lots of times.

3. I am sometimes not quick enough to get to the toilet/potty in time. I feel OK when my carer has lots of spare pants for me.

4. I am sometimes so busy playing, my carer has to remind me to go to the toilet. I am happy to be told 1-2 times but not too many!

5. I am happy when my carer is really patient with me. I like lots of positive attention for sitting on the toilet and even more when I do a wee or poo there!

**6. I can go to the toilet on my own and wash my hands\***

For detailed information visit [www.derbyshire.gov.uk/readyschool](http://www.derbyshire.gov.uk/readyschool)



# Helping your child learn to use the toilet

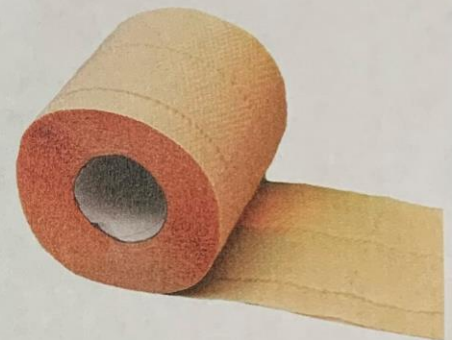
## Get ready...

- 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
- Be patient, expect accidents and stay in pants every day.



**See your health visitor or nursery for more help.**

**GOOD LUCK!**