AVOID STARTING IF:

- There is a new baby or moving house. These are stressful times for you and your child.
- Forceful training is not likely to be successful.
- Be flexible, if you feel you have started potty training too early, leave it a couple of weeks and start again.

REMEMBER

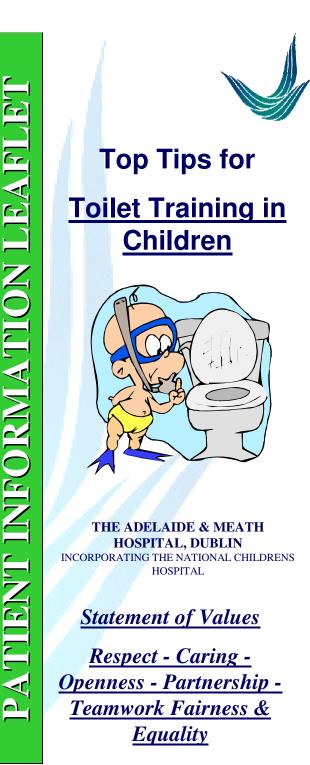
START WHEN YOU AND YOUR CHILD ARE READY

HAVE A POSITIVE ATTITUDE

ACCEPT ACCIDENTS

YOUR HEALTH CARE PROFESSIONAL WILL HAVE HELP AND ADVICE -ALWAYS ASK.





THE KEY TO SUCCESSFUL POTTY TRAINING IS TO LAVISH PRAISE WHEN YOUR CHILD PERFORMS IN THE POTTY OR TOILET AND AVOID COMMENTING, IF THIS DOES NOT HAPPEN.

WHEN TO START

There is no fixed age for starting potty training. Your child is ready when he/she is capable of:

- Letting you know that he/she wants to go.
- Understanding words for going to the toilet - "weewee, poo-poo"
- Knowing that he/she is wet.
- Being comfortable and happy with himself/herself.
- Sitting comfortably and steadily without support.

HOW TO START

- **BE POSITIVE** Be in the right frame of mind yourself.
- All carers looking after the child should have the same attitude to training.
- It can be easier to train in warm weather when a child can be left without a nappy.
- Let your child choose his/her own potty after explaining to him/her about this new venture.
 - Stay at home during the initial stages to avoid putting pressure in yourself and your child.
 - Leave the potty within view and easy reach.
 - Increase fluids during this phase
- Use clothes that are easy to pull up and down.

- Girls can be quicker to train than boys.
- Introduce your child to the toilet, a step or seat is advisable in order to feel comfortable.
- At first avoid flushing the toilet when the child is seated on it as this can be frightening.
- Show your child how to wipe properly (front to back in girls) and also how to wash and dry hands thoroughly.
 - Start good toilet hygiene habits now so as to prevent problems later.