

Common Myths...

True or False?

If a child talks at an early age, they will potty train early?

Potty training is easier in the summer?

Potty training is linked to intellect?

A child should be asked every 10 minutes if they need a wee?

Boys should be trained to do 'stand-up' wees from the outset?

Girls are usually ready for potty training earlier than boys?

All children are ready for training the week after their 2nd birthday?

Bed wetting runs in families?

1 in 3 children aged 5 wet the bed?

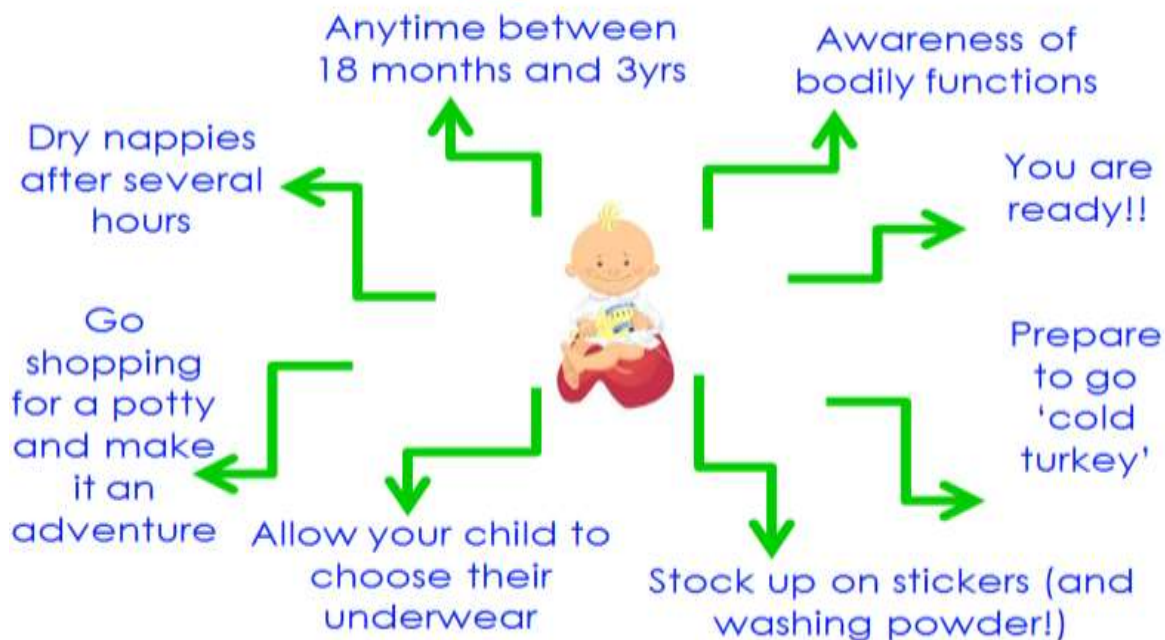
Pull-up or trainers pants speed up the potty training process?

Answers overleaf...

Potty Training Information Sheet



The Right Time...?



Recommended Books

Lulu's Loo by Camilla Reid

Pirate Pete's Potty by Samantha Berger

Boys/Girls Potty Time with stickers
by Dorling Kindersley

Lots more available on Amazon!

e-information

www.nhs.uk

www.nct.org.uk

www.netmums.com

www.mumsnet.com

www.eric.org.uk

ipad and iphone apps

What other parents say...!

"My advice is good old fashioned bribery! I used to give Ben a sticker every time he used the potty."

"Try a potty training book. My friend bought one for my daughter, it really helped her to see a funny story, explaining what to do."

"My son didn't take to the potty so I got one of those toilet seats and this morning he did a wee in it for the first time...think he felt grown up from seeing mummy and daddy using the toilet."

"It's important not to worry if everyone else's child is toilet trained - you'll find it will all just click into place eventually."

Common Myths...Answers

1. FALSE – There is no link between potty training and other areas of development
2. TRUE – but only from the point of view that children wear fewer clothes and washing dries quicker!
3. FALSE – Potty training is nothing to do with intellect.
4. FALSE – It would drive you both mad and get very tedious! Monitor how much/when your child is drinking and aim for about 20 mins afterwards.
5. FALSE – it is easier to sit down initially; there are tips opposite for when he's ready to do it standing up!
6. TRUE – 66% of girls are potty trained by their 3rd birthday but only 50% of boys.
7. FALSE – All children are different and most will grasp the concept of potty training anytime between 18-36 months.
8. TRUE
9. FALSE – 1 in every 6 children still wet the bed at the age of 5.
10. FALSE – in our experience it actually takes longer; we advocate underwear from the outset.

Slugs and snails and puppy dogs tails....?



Tips for boys:

- It's easier to start with him sitting down for both a pee and poo.
- Get dad involved if you can and let him give some demonstrations.
- Once he is starting to stand up to pee in the toilet you can help him aim better by playing 'sink the cereal' (float a few pieces of cereal in your toilet for him to aim at), or another suggestion is to put a ping-pong ball into the toilet. It won't flush away so it's great for target practice.
- Put some blue food colouring down the toilet. As your toddler urinates it will turn green and might make the experience more fun and exciting.
- If he has a doll or special toy, encourage him to 'train' them through the potty training process at the same time.

Sugar and spice and all things nice...?



Tips for girls:

- Allow your daughter to come with you to the toilet, and tell her what you're doing so that she understands what you're doing.
- Remember to wipe from front to back to help prevent any infections from developing around her vagina.
- If she has a doll or special toy, encourage her to 'train' them through the potty training process at the same time.