

**Lever Edge Primary Academy**



# **Toilet Training Information**

A few tips and things to be aware of during  
your child's toilet training phase.

## How to help your child make an easy transition from nappies to pants.

The toilet-training process may take a while and that's perfectly normal. Remember that every child is different and each will adapt to new situations at their own pace. Patience, praise and a positive attitude will help make the transition as smooth as possible.

The process of toilet training normally takes about six weeks, although of course it can take longer even if the child is emotionally and physically ready to toilet train.

Bear in mind that bed-wetting at night is common and perfectly normal. It might take several years for your child to be toilet trained at night even if he/she's very good at using the toilet during the day. Every child is different.

## What are the physical signs of readiness?

### The child will:

- Have regular, soft, formed poos at relatively predictable times and won't poo during the night.
- Have dry periods of at least one or two hours or will wake up with a dry nappy after a nap. This shows that the bladder muscles are developed enough to hold wee in and store it.
- Pull pants up and down with only a little help.
- Show an interest when you go to the bathroom.

## What are the behavioural signs of readiness?

### The child will:

- Show a wish to please and enjoy praise.
- Demonstrate a desire for independence.
- Show signs of discomfort when their nappy is wet or dirty.



## What are the cognitive signs of readiness?

### The child will:

- Understand and follow simple instructions and requests such as 'Do you need a wee?'
- Have words for wee and poo.
- Show an awareness that he/she is having a wee or poo.
- They may stop what they are doing for a minute or go somewhere else or tell you that they have had a wee or poo.
- Tell you that they need to have a wee or a poo before he/she does it.

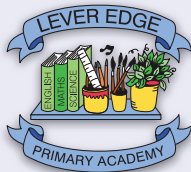
## Everyone needs to take the same approach.

Ideally, you should go straight to full-time underwear to prevent your toddler from becoming confused. Though pull-ups are an option, real pants or washable cloth training pants will allow your child to feel more immediately when he/she is wet.

## What you need to bring into nursery every day

- Three/four spare underpants/knickers.
- Two/three joggers/pants.
- Socks





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