



## Toddler led toileting facilitator training

### Is it for you?

Are you looking for an extra source of income that is well tested?

Do you have an interest in supporting parents, and helping them through this stage?

It is especially suitable for people who already run antenatal or postnatal classes who would like to have something else to offer their clients, but also works well for people wanting to start a new business.

*I absolutely recommend this training. It's the only training like this, and a really great addition to your business if you work with toddlers. The genuine care from you wanting us to fully understand and listening and answering when we was unsure on something. Plus your passion of a gentle approach.*

Abbi Kent, Loving Little Minds

*I found the training really engaging, I really like your chilled approach whilst still having a clear structure. I really enjoyed the section at the end with the questions of real life situations. I think this really brought it all together for me. I actually don't have any suggestions for improving the training, it was exactly what I hoped and thought it would be.*

Amanda Burgess, The Gentle Parent Coach

*Thank you so so much for this and the extra learning to sensory internal and external feelings. I will research this more. I appreciate your ongoing support, you're so very wise!*

Kimberley Goldsmith, Awe and Wonder

### About Chilled Mama's Toddler Led Toileting Workshop

I have been running these workshops for a few years, after finding that many parents were struggling to find information about potty training that had a gentle parenting approach.

Many parents have been baby led, from milk feeds to weaning, and want to continue this with potty training. Parents are more aware of the value of intrinsic motivation, and pitfalls of reward systems that characterise many 'potty training' approaches. There is no need to 'train' a child to use a potty or toilet, any more than you need to train them to walk or talk. It is a physical and cognitive developmental stage.

The workshop has five simple principles to make the process easier, and give the child a positive sense of their body and what it does.

#### Contents of the workshop

- Why toddler led & the 5 principles
- Promoting body positivity
- Developmental milestones for toileting
- Before start, when to start, how to start, & how to continue
- Out & about
- Night time
- Poos
- Equipment

*"The workshop was really helpful. We are just at the beginning of this journey and loving the advice to spend lots of time nappy free when you can. We did this yesterday and had lots of accidents but at the end of the day, without prompting E sat on the potty and did a poo."*

The workshop is aimed at parents of toddlers, from eighteen months up. Most children start using a potty or toilet between the ages of two and three. The workshop can be delivered online or in person, and you provided with downloadable resources and a powerpoint for online. It is interactive and gives parents opportunity to ask questions and discuss the different aspects. You can charge £25+ per person. The workshop takes 2 hours.

(Elimination communication (EC), where babies use potties or toilets for poos and/or wees from earlier age is mentioned in this workshop but the focus is on those who have not used the EC approach. The workshop may still be useful for those who used a combination. The approach in this workshop is complimentary to EC.)

### **Why train to be a facilitator?**

- Fill a gap and help parents in your area feel calm and confident about starting toileting.
- Earn income with a straightforward workshop you can just turn up and deliver.
- Structured session with tried and tested interactive activities with resources to engage parents.
- Increase your knowledge and confidence in talking to parents about starting toileting.
- Training with an experienced facilitator, who has developed and run workshops to hundreds of parents.
- Handbook and marketing resources to get you started and give you confidence.
- Follow up reflection and ongoing support from me.

### **What does the training involve?**

- Pre course reading on toileting and responsive parenting.
- Training, in person or online, including background knowledge; using the resources and practising delivering sections of the workshop; group skills and scenarios; running your own sessions.
- Training is one day; 9.30-4.30.
- Written or video reflection, to help you feel confident in delivering the workshop.
- Follow up support.

*“The pace of the day was good and the mix of activities was engaging. I have spent many, many, (too many) hours on zoom study days and this felt really fresh.”*

### **Resources:**

- Handbook with background knowledge, lesson plans, & outline of all the activities with notes.
- Printable activity cards.
- Printable handouts for workshops, including my booklet ‘Chilled Mama’s guide to toddler led toileting.’
- PowerPoint slides for delivering online workshops.
- Marketing materials.

### **After the course:**

On successful completion of the training you can organise your own workshops, and other related activities. I can advise you and offer you support in organising and marketing your sessions. It is not a franchise. There are no further payments.

### **About me**

I am a trained parenting course facilitator for a number of parenting courses. I managed a Sure Start children’s centre for almost eight years. When managing the children’s centre I wrote a postnatal course which was rolled out across the local authority, and is still being delivered. I have delivered workshops to parents and parent-to-be for almost ten years. I am also an antenatal teacher, doula and ex-primary school/early years teacher.

*“Thanks for another great workshop Cathy. Feeling excited to get started and to help parents to feel empowered on this next step.”*

*“Thank you Cathy for an engaging and informative workshop. Feeling inspired to get started offering the workshops now. A great add on to offer families in my local area.”*

### Cost:

Cost for the training is £247. This includes handbook and downloadable resources. Payment in full or £50 deposit, with balance paid a fortnight in advance of the training day. Early bird price: £197, if paid in full six weeks before the training date. If you have already trained with me, for example Starting Solids Facilitator, there is a £50 discount on both the full price and the early bird.

### Additional costs:

Portable flipchart £12 (lasts 6-10 sessions), and pens.

Printing and laminating activity cards (can be purchased).

Books. (For your reading. You may want to show them to the parents.)

Handouts for each session (approx. £1-£2 per attendee). Alternatively you can send electronic copies.

Insurance.

If money is holding you back, why not set up a workshop to take place a fortnight after the training and get people to prebook. Eight people paying £25 almost covers the cost of the training.

*Signing up for this training will entitle you to a discount on any future training you take with me.*

### Insurance:

The training and the workshops are in the process of being accredited as a parenting course by [Wellbeing Insurance](#), the insurance company that I use. It is recommended that you have public liability insurance to run the workshops, and most venues will ask for this. If you are using a different insurance company then you can contact them and add it to your cover. I can provide any information they need.

### Any questions?

Please feel free to contact me and ask.

*"It is evidence based and gives a clear outline of how to deliver a workshop. The scenarios were also very helpful to give facilitators an insight into the questions we may get asked and how we may answer them!"*

*"Thank you Cathy for another great course. Really informative, providing sufficient information to help parents/carers to inform them of how and when their toddler will be ready for self-toileting."*

*"I enjoyed the use of menti and the opportunity to meet others as we changed the groups each time. It's clear that Cathy is very knowledgeable and passionate about this topic. I am looking forward to my next training."*



### Other training opportunities:

- Starting Solids (weaning)
- Connections (infant brain development and attachment)
- Home birth and water birth: be knowledgeable and up to date for your clients
- Birth Dreaming: teach relaxation and visualisation for pregnancy and birth