



# top tips for toddler led toileting



1. Go nappy free at home, in the garden, on the beach.

2. Read books about children using toilet/potty.

3. Let them see you on the loo, let them flush. Tip contents of soiled nappy into toilet & let them flush.



4. Have a potty around. Role play with teddy.



5. Body positive language. Wees and poos are normal and not dirty or disgusting, even if can be smelly.

6. Offer potty at key times, before bath, after lunch, nappy changes. But don't over do it.



7. Reassure & affirm. No need for rewards or punishments. You don't for learning to walk.

8. Don't withhold drinks, even at night. It is common for 5 year olds to still have a nappy at night.

9. Easy up/down clothes. No buttons.

10. Too many accidents? Try another time.



11. Poo-ing in a potty can be more challenging & happen a few months later than wees. Offer reassurance.

12. Relax. Don't worry. It will happen. Try to avoid getting annoyed, it can make the process longer.



Follow your child's lead. Every child will do it at a different age & way. It is a developmental stage.

[chilledmama.co.uk](http://chilledmama.co.uk)

