

## REMEMBER!



- ◆ Toilet/potty training takes time
- ◆ Ask for help if you feel there are underlying medical issues
- ◆ Stay calm if things are taking longer than you feel they should or if accidents happen.
- ◆ Make sure accidents are not seen as fun clean up time but also not a punishment
- ◆ Keep asking your child if they need to go to the toilet
- ◆ Use lots of encouragement and praise
- ◆ Be persistent and ask for support if you need it
- ◆ Sticker charts are a fun way of praising your child's efforts
- ◆ You could reward your child with a sticker to place on their chart each time they use their potty successfully

### Children & Family Centre Contact Details

**Lighthorne C&FC**  
Stratford Road  
Lighthorne Heath  
Warwickshire  
CV33 9TW  
Tel: 01926 691105

**Stratford C&FC**  
c/o Bishopton Primary School  
Drayton Avenue  
Stratford upon Avon  
CV37 9PB  
Tel: 01789 266624

**Alcester C&FC**  
c/o St Nicholas CE Primary School  
St Faiths Road  
Alcester  
B49 6AG  
Tel: 01789 764093

### Health Visitor Contact Numbers

**Southam - 01926 815045**

**Wellesbourne - 01789 412844**

**Stratford - 01789 405122**

**Henley - 01789 412995**

**Shipston & Lower Quinton - 01926 626546**

**Alcester - 01789 412984**

**Studley - 01789 412985**

**Bidford - 01789 412982**

**Believe in  
children  
Barnardo's**

## FAMILY LEARNING INFORMATION



## POTTY TRAINING Helpful Tips and Tricks

Stratford District Children and Family Centres provide a range of family learning information leaflets covering topics such as Positive Behaviour, Sleep Routines, Potty Training etc.

## ARE THEY READY?

- ◆ It is important not to rush your child to become toilet trained
- ◆ Most children will be ready for training between the ages of 2½ and 4 years old
- ◆ It is important to be prepared, stay calm and if not successful to wait a few weeks and try again



## BE PREPARED



- ◆ Find out your child's pattern—take note of when your child wets and soils and try the potty at those time intervals
- ◆ Get your equipment ready—potty, toilet seat and step if toilet training
- ◆ Only use nappies at bed time
- ◆ Put your child in pants, even if they wet them!
- ◆ Dress your child in appropriate clothes, e.g. joggers, shorts or leggings. Avoid tight waistbands, dungarees, braces etc.
- ◆ Introduce the potty through talking about it and what it's for. Also try stories and demonstrations with their favourite toys - this will help to encourage them and minimise anxiety
- ◆ Be a good role model - your child learns from you and what you do. Talk to them whilst you are doing it, e.g. washing your hands afterwards
- ◆ If the toilet training becomes upsetting, try again later

**Believe in  
children**  
 **Barnardo's**

## SIGNS YOUR CHILD MAY DISPLAY

- ◆ They can say or indicate when they are wet or soiled
- ◆ Start to show an interest in the toilet or wearing 'big boy/girl' pants
- ◆ They can undress themselves or pull their own pants down
- ◆ Soaking rather than dampening their nappies
- ◆ Longer dry periods before wet nappies
- ◆ Shows an interest or begins to copy toileting routines from others

