

Ignore those who are telling you that your child should be toileting by 2 years of age. We are much more knowledgeable about child development in this day and age and in our experience we know that toileting is about a particular set of skills the child needs to be able to meet, they could be ready at 18 months or 4 years old.

If the process is started before both the child and parent are ready then it can be a long and challenging process.

Children who are ready to start toileting can

Have a dry nappy for long periods of time

Tell you they have done wees or poos

Be able to pull their pants up and down on their own

Initiate going to the toilet themselves

Parents are ready to start with toileting their child when they

Have been talking to the child from a young age about doing wees and poos

Have been role modelling toileting

Have the time (e.g. holiday period)

Are committed to toileting; once the child is in underwear, no more nappies except for sleep times

Other handy tips

Before starting toileting try using less absorbent nappies so that the child can get used to the feeling of being wet/doing wees. At this stage offering the toilet is useful but only if they appear ready. Remember the child needs to be able to pull pants on and off him/herself.

Be prepared for some accidents

Always have spare underwear and clothes on hand when out and about

Know where the closest toilets are and/or keep a potty in the car

Rather than wearing no pants at all, have your child wear easy to pull up and down clothing

Place a towel on the car seat to catch any potential accidents – remember no nappies unless it's bedtime

Night time toileting is a separate process to day toileting, we are of the understanding that something needs to 'click' in the child's brain before they can be dry at night time. But if your child asks to wear underwear to bed this may be a sign that they are ready.