

Hints & tips for potty training...

Children are ready at different ages but usually between 2 and 2½ is a good time to get going.

Get ready! Choose a potty with your child. Keep it in the bathroom and start sitting your child on it for short intervals to get used to it.

If your bathroom is upstairs keep a potty downstairs too so they don't have so far to go.

Have a bag of small toys in the bathroom ready to keep your child amused while they sit.

Children with additional needs can often be potty trained too. Just follow the advice in **ERIC's Guide to Potty Training** first of all. There is lots more info in **ERIC's Guide for Children with Additional Needs**.

Make sure your child has a healthy bladder and bowels to maximise the chance of success... turn over to find out more...

Learn to spot constipation and know what to do about it. Turn over to find out more...

Questions... ???

- How will you know if your child is ready for potty training?
- How do you plan to start?
- How long should they sit for? How often?
- Where can you get help?

Where to find the answers...

- Go to www.eric.org.uk - there's lots of useful info on how to get started
- Read



- Call the ERIC Helpline on **0808 169 9949** or visit the website www.eric.org.uk/helpline

What does 'healthy bladder and bowels' mean?

- Your child is able to wee and poo at regular intervals without pain or discomfort.
- Your child can stay dry for at least an hour between wees, and passes soft poos at least 4 times a week - even if they are still wearing nappies you can check this.
- The most important way to ensure healthy bladder and bowels is to check your child has plenty of fluids - a minimum of 6-8 drinks every day. Choose a suitable cup for their size - about 120-150ml for a two year old.
- The bladder and bowels are closely related - if your child is constipated their tummy may be so full of poo that it makes their bladder misbehave! So, constipation can cause wee problems as well as poo problems.

What should your child drink?



- Water is best. If your child wakes for a drink in the night, only offer water.
- 2-3 drinks of milk a day is fine as part of a balanced diet.
- Well diluted fruit juice or squash can be included.
- Encourage your child to drink out of a cup now, especially when sitting down for a meal. Time to say goodbye to baby bottles.

What drinks should they avoid?

- Any drinks containing caffeine - like tea, coffee and cola.
- Sweetened drinks.
- Save fizzy drinks for a treat when they are older.

Don't limit their drinks to help them stay dry... it doesn't work! The bladder needs to be filled and emptied to behave properly.

What does healthy poo look like?

1



Looks Like:
Rabbit droppings

2



Looks Like:
Bunch of grapes

3



Looks Like:
Corn on the cob

4



Looks Like:
Sausage

5



Looks Like:
Chicken nuggets

6



Looks Like:
Porridge

7



Looks Like:
Gravy

Your child should pass soft stools - **Type 4** on the chart - at least four times a week.

If they are passing fewer poos than this, and/or harder poos, they might be constipated...

Leaking runny poos (**Type 7**) can also mean constipation...

...check out the ERIC website or read this leaflet for more information...



ERIC's Guide to Children's Bowel Problems

If you're worried see your GP - your child may need some medicine to help them poo. The sooner the better - don't let it become a long term problem. Some health visitors can prescribe medicines too.

Talk to the Health Visitor and/or staff in your local Children's Centre for advice.

Or you can call ERIC's free Helpline on **0808 169 9949** or visit the website **www.eric.org.uk/helpline**

For information and support on bedwetting, daytime wetting, constipation, soiling and potty training call ERIC's helpline on **0808 169 9949**

Website: www.eric.org.uk

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