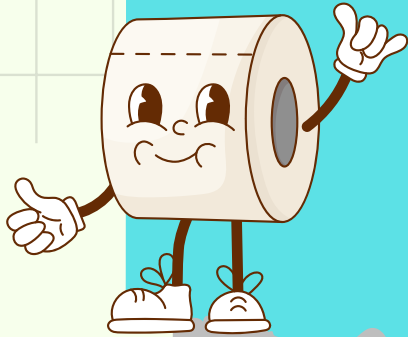


Top Tips for Toileting Success

Building awareness and positive toilet associations



Use simple, supportive language

“Toilet time... let’s see if your wee or poo is ready to come out.” or “You’ve done a wee/poo — time for the toilet!” Celebrate wee and poo with positivity and calm encouragement.

Try a Toileting Song!

A simple toilet-time song can make the routine feel familiar, fun and reassuring — helping little ones relax, feel confident, and understand what comes next



Confident Toileting Begins with Consistent Routine

Sitting babies can use the potty at nappy-change times. Walk toddlers to the bathroom to be changed standing up, and encourage them to sit on the potty. Empty stools into the toilet, let your child flush while you say “Bye poo!”, and finish the routine with handwashing.

Lending a Helping Hand

Encourage your child to help with their clothing by pushing trousers down and pulling them back up. Start small — pushing down to the knees and pulling up from the knees — to build confidence and independence



Top Tips for Toileting Success



1

- Use a simple visual schedule to show each toileting step and make the routine predictable.
- Support your child's feet with a step or the floor for balance and confidence.
- A child-sized insert seat can help them feel secure.
- Easy up-easy down clothing makes independent toileting much easier.



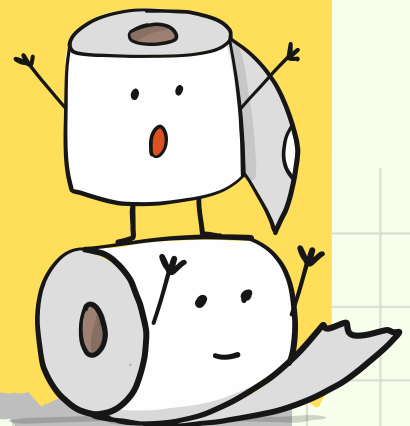
2

- You may notice your child's nappy stays dry for longer — a sign their bladder is maturing.
- Let them choose motivating underwear with favourite colours or characters to build excitement.
- Encourage toilet sitting every 1.5 to 2 hours — avoid shorter intervals to support bladder awareness.
- If your child squats or hides, gently guide them to the toilet without questioning. You might say "Your poo is ready to come out."



3

- Keep a small "toilet-time box" in the bathroom with a few engaging items, including something to blow, to help your child stay relaxed and seated.
- Choose a motivating reward and pair it with gentle encouragement, such as: "Toilet, then bubbles!"



Toileting Together: Building Confidence One Step at a Time