

# Brave Badger's Guide to Toilet Training

1

## Identify the signs your child is ready

Your child might tell you that they have a wet or soiled nappy, communicate that they need the toilet or even go in their nappy and remove it afterwards.



2

## Choose a suitable time to start

Start when you know there will be fewer disruptions or changes to your child's or your family's routine. Having consistency helps and prevents confusion for your child. Check that any other people who look after your child can help with potty training in the same way as you.

3

## Make life easier for you

Put them in clothes that are easy to change and avoid tights and clothes with zips or lots of buttons. Have a potty in each bathroom so your child can reach the potty easily wherever they are.

## **Make the potty part of everyday life**

**4**

Leave a potty where your child can see it and explain what it's for. Take the potty with you when you go out, so your child understands that you'd like them to wee or poo on it every time they need to go.

**5**

## **Get into a simple routine**

Encourage your child to sit on the potty after meals, because digesting food often leads to an urge to do a poo. Having a book to look at or toys to play with can help your child sit still on the potty.

**6**

## **Give lots of praise**

Your child will be delighted when they succeed. A little praise from you will help a lot. If you do not make a fuss when they have an accident, they will not feel anxious and worried, and are more likely to be successful the next time.

