Potty Training

What to do with this activity?

It's great when your child no longer needs nappies! Here are some tips for unfussy potty training.

1) From around 18 months look out for signs that your child is ready - every child is different, so don't rush it. Your child will be able to tell you when they need to go and their urges might become more regular.

2) Let your child choose a potty that is appealing to them. Encourage them to practise sitting on it so that it feels comfortable.

3) Pull-up pants are super because your child can begin to take control. When they need to go, encourage them to pull their pants down and sit on the potty.

4) Keep the potty in the bathroom so they get used to going there. Help them to flush the contents down the loo and make sure they wash their hands afterwards.

5) Encourage success (but not over the top) and keep calm when an accident happens. Potty training takes time.

Your child might enjoy the youtube video of "Princess Polly's Potty" as a bedtime story. Your child will know that potty training is part of growing up and is fun.

Why am I doing this?

Talking is one of the most important skills your child will learn. It seems to happen naturally, but in fact you have a very important role to play.

Your baby will learn to talk by hearing other people talk. The more you talk with your baby and respond to their noises and babbles, the more you help them learn to communicate. This will help them in every aspect of their life.

How can I do more?

Songs and rhymes are especially good for children as the rhythms and repetitive language make it easier for babies to learn language skills. Babies love songs and rhymes, especially hearing the sound of your voice. This is a great way to help your child to talk and listen. Rhymes with actions explain what words mean - "pour me out" in "I'm a little teapot". You can also create sound effects when you are singing songs and saying rhymes. Use your hands to clap, your fingers to click and your mouth to make playful sounds and whistles.