

ON THE POTTY

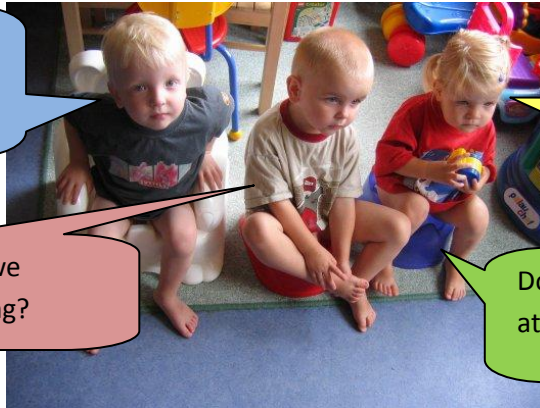


I will go to school soon: should I be potty trained?

When should I start my potty training?

Hey Mummy, how do we handle my potty training?

Do they teach me all this at school? Or at home?



When to start the potty training?

When your child...

- is physically ready
- is aware that he has to pee
- indicates he is old enough for the potty
- finds a wet diaper (nappy) uncomfortable
- can stay dry for longer periods of time
- shows interest for the toilet and what happens there
- moves to a secluded area when he has to pee
- indicates he has peed, for example by putting his hand on the diaper
- ...

Some tips:

- Let your child get acquainted with the potty, for example by using it for play.
- Sit your child on the potty at times he normally has a wet diaper. This way it will soon become a routine.
- If your toddler has peed or pooped in the potty, even if it's only a little, it's very important to praise him.
- Do not get angry when the potty is empty again.
- On the backside of this sheet [a potty training action plan](#) can be found.

*A toddler can be potty trained **from the age of 2**. When your toddler goes to school while not entirely potty trained, you will be able to work on it, step by step - **together with the school**.*

THE SCHOOL CANNOT DO THIS WITHOUT YOUR HELP !



ACTION PLAN



step 1

- Toddlers are fond of imitating other people.
- Take your toddler to the toilet with you or with his brother or sister.
- This way he will become aware of the potty.

step 2

- Get your child acquainted with the potty.
- Let him play with it.
- Explain to him what it is used for.

step 3

- Do not let your child on the potty too long.
- Put him on the potty at regular, fixed times.
- For example: always after he has eaten.

step 4

- Even if it is just a tiny wee or poo, praise your toddler!
- Try to stay calm when the potty is empty.
- Do not get angry when he is not successful immediately, but encourage your child.

step 5

- Spring or summer are ideal to start with the potty training.
- Have your child go and play without diaper.
- This way your toddler can much better feel if he has to wee or poo.



To train your toddler to use the potty, it is important that **the school and the family work together!**

Also read the tips in the book '[het ABC van baby tot kleuter](#)' by Kind&Gezin !

How do you know when your child is ready?

Most children are potty trained between the age of 2 and 4. Not all children are ready at the same time. Therefore do not put pressure on your child. Wait a few weeks and try again. Your child will indicate *himself* whenever he is ready to use the potty.

This is how you can tell:

- Your child will be dry for a longer period of time.
- Your toddler shows interest in other people using the toilet.
- He goes to a secluded place when he has to pee.