



Toilet Training FAQs

The responses to the questions below have been provided from NHS (www.nhs.uk) and ERIC the Bowel and bladder charity (www.eric.org.uk)

When should I worry if my child is still wetting the bed?

Many children under the age of 5 wet the bed. It can take some time for a child to learn to stay dry throughout the night. You can help by:

- give your child enough water to drink during the day.
- make sure your child goes to the toilet regularly, around 4 to 7 times a day, including just before bedtime.
- agree with your child on rewards for positive actions, such as a sticker for every time they use the toilet before bed.
- use waterproof covers on their mattress and duvet.
- make sure they have easy access to a toilet at night.

Do not punish your child – it is not their fault and can make bedwetting worse.

Do not give your child drinks containing caffeine, such as cola, tea and coffee – this can make them pee more.

Do not regularly wake or carry your child in the night to use the toilet – this will not help in the long term.

What are some of the signs my child is ready?

Using a potty is a new skill for your child to learn. It's best to take it slowly and go at your child's pace.

Every child is different, so it's best not to compare your child with others.

Have a watch of our webinar for some of the signs you may notice your child is doing that indicate they are ready to start toilet training.

Is there a particular age I should start toilet training?

There is no right or wrong age all children are different and ready at different times. Our Webinar will help to give you more information. The NHS state:

- by age 1, most babies have stopped doing poos at night
- by age 2, some children will be dry during the day, but this is still quite early
- by age 3, 9 out of 10 children are dry most days – even then, all children have the odd accident, especially when they're excited, upset or absorbed in something else
- by age 4, most children are reliably dry during the day



It usually takes a little longer for children to learn to stay dry throughout the night. Although most learn this between the ages of 3 and 5, up to 1 in 5 children aged 5 sometimes wet the bed.

What if my child wont poo on the toilet and is holding on?

It is quite normal for children to insist on doing a poo in a nappy especially in the early stages of training. If your child insists on using a nappy to poo, **DON'T SAY NO**, or they will simply try to avoid pooing. Withholding the stools will lead to constipation – which is definitely something to avoid! Let them have the nappy on just to do their poo, and work on gradually changing their behaviour.

Work on making the toilet a less scary place use wipeable toys to help your child relax and don't add any extra pressure. Try sitting your child on the toilet around 20-30mins after mealtimes or if they have a specific time they go poo try then too. Keep calm and reward even the little steps. Trying to go or even just sitting is a good start so reward that and try again later.

I think my child is constipated, what should I do?

- Children should pass soft poo every day, or at least every other day.
- Passing types 1 - 3 means poo is sitting in a traffic jam.
- Pooing fewer than 4 times a week also means poo is in a traffic jam.
- Pooing more than 3 times a day can be a sign that the bowel is full, and is leaking out a bit at a time.
- Soiling - it might be hard bits, soft stuff or even liquid bypassing the traffic jam, called overflow. The child won't have any control over this.
- Big poos, or lots of poo all at once.
- Tummy ache or pain when they poo.
- Distended/swollen tummy.
- Really smelly poo/wind, or bad breath.
- They might not feel like eating, or even feel sick.
- The full bowel might press on the bladder and cause frequent small wees/urgency/day or night time wetting/Urinary tract infections.

HAVING JUST TWO OF THESE SYMPTOMS MEANS CONSTIPATION

- If you think your child is constipated do not start toilet training yet. Help get this resolved first. You could Keep a Poo Diary for 2 weeks: what it looks like, how much, where it goes.
- See your GP: Take the poo diary and tell them all your child's symptoms.
- The GP should examine your child and ask questions to find out if the constipation could be caused by an underlying condition.

How can I make sure my child is drinking enough?

It is important to encourage your child to drink fluids to help with bladder and bowel movements. You should aim for 6-8 drinks a day. Fibre acts like a sponge, absorbing water. Without fluid, the fibre cannot do its job and you may end up getting constipation



When should I speak to someone if I'm worried about toilet training?

You can discuss toilet training at your child's 2year development check with the Public Health Nursing team, alternatively you can text chat health or call the 0300 number to speak to a Health visitor or to a member of the Family Support Team who can support you further.

[How to potty train - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Potty training and bedwetting - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Potty training: how to start & best age to potty train - ERIC](http://eric.education)

Stories that will help:-

<https://www.youtube.com/watch?v=KwJ8SFDfEP0> – Princess Polly

<https://www.youtube.com/watch?v=aoNoB9Lj5UE> – Pirate Pete