

Potty training toddlers

Wondering how to potty train or when to start potty training? Potty training toddlers is all about aiming the number 1s and 2s in the right place. Our list of potty training tips should help your toddler hit the spot.

- ✧ Go at your own pace. Every child is different and you'll be able to see what works best for your little food explorer.
- ✧ Look for signs that your toddler is ready to try potty training. This will be somewhere between 2-3 years.
- ✧ They tell you as they're weeing or pooing in their nappy. Nice.
- ✧ They may fidget with their nappy or go somewhere quiet when they need to wee.
- ✧ Avoid starting toilet training when your toddler may be unsettled (e.g. house move, new sibling).
- ✧ Let them have nappy-free time during the day, with the potty close at hand.
- ✧ Invite your toddler to sit on the potty for a few minutes at set times each day (after meals, before bath time).
- ✧ If your mini-me won't sit still, try giving them a book to flick through.
- ✧ If they won't have a go at all, try them on a grown-up loo with a child's toilet training seat. If they're not quite ready yet, try again soon.
- ✧ Accidents are inevitable so praise the successes, with lots of encouragement.