

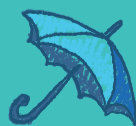


START



unbeatable tips
for day time

Potty
training



Brolly Sheets Kids
Big solutions for wee problems



TIP ONE

Are we actually ready for potty training?

Here at Brolly Sheets we are constantly talking to parents about day and night time potty training. This guide will talk you through the process of day time training and also includes ideas and strategies to help if you hit a road block. Every child is different, but if now is the right time to start training your little one, we are here to help.

My children are older now - but I can still remember dreading the thought of potty training. It was a bit like all the “horror” birth stories I had heard - about the mess, the time it took, the frustration. It can be messy, take time and if I had a dollar for every time I heard “I need to go now” when there really wasn’t anywhere to “go now” I would have about \$30.

But in the end - it wasn’t that bad. For us it was a positive experience and one with a lot of funny memories of potty dances, excited phone calls to Dad and Nana and the fact that both kids are now in double digits and don’t wear nappies. So hang in there, work out what works best for you and your child.

Diane Hurford

Brolly Sheets Founder

When is the right time to start potty training?

There is no “right” age to start, but around two / two half years is common for girls and a few months later for boys. It isn’t so much about the age of your child, as to the stage both they, and you, are at.

- Can they get to the potty / toilet on their own?
- Potty training is the start of independence and they need to be able to pull down their own pants (it will also help if you dress them in clothes that are easy to pull up and down).
- Can they follow simple instructions? Can you show them how to wipe and will they be able to understand and follow? (The first few times won’t be perfect - but at least if they understand the why, it will get better).
- Look for patterns as to when they have wet nappies, dry nappies and longer periods between wees. This might mean checking on a regular basis to get an idea. It’s also good to check about 20 minutes after a meal / drink if this is a time they go.
- Is the time right for your child? Once you start, you don’t want to stop unless you get to the stage where you feel your child just isn’t ready. You may be one of the lucky ones and only take a week, or you may have a child that takes a couple of months. So just before they start preschool isn’t the best as with routine changes comes tiredness.
- Is it the right time for you and the rest of the family? There will be accidents and extra laundry so don’t start two days before a family wedding or just before the new baby is due. You will need every ounce of patience so try to start when you know you have nothing major happening for the next month or so.
- Finally and perhaps most importantly, is your child showing interest and desire? Interest in keeping dry or clean? Interest in wearing “big kid” underwear? Interest in what you’re doing when you go to the toilet and a desire to do what you’re doing?



1. Can they get to a potty on their own?
2. Can they pull their own pants down and up?
3. Can they follow an instruction?
4. Does your toddler use words or body language to show signs of needing to go toilet?
5. Does your toddler stay dry for at least two hours?
6. Do they have a desire to wear big kid undies?



TIP TWO

What do we need to prepare?

What do I need?

We have put together a list of things you might find helpful to prepare before you start potty training. It's not an exhaustive list and you don't need to buy everything - find what works best for you.

- A potty or two. It is totally personal choice if you want to just have a potty in the bathroom (or toilet). What worked for us was having one in the lounge for the first week or two as sometimes the message "I need to go" means RIGHT NOW.
- Several pairs of [training pants](#). These are a great transition from nappies to undies. They aren't designed to catch a full wee, but the start as they realise they need to go. They are particularly handy if you are going out and about, or [Woxers](#) (Waterproof boxers).
- A great alternative to training pants are [Undie Liners](#). They have an absorbent core and a waterproof back with a snap. You just fold them over the crotch of a pair of undies and it turns any pair of undies into training pants. The beauty of these is you don't have to worry about the size/fit of a pair of training pants. Just buy some undies and you are away. They also come in a handy waterproof bag so you have somewhere to stow them if you are out and your child has an accident.
- A [wet bag](#) for when you are out and about to collect any wet undies.
- A [car seat protector](#) is handy. Most car seats have complicated coverings that are tricky to take off and put back on.
- Stickers - it's amazing how far a sticker can go. They can be a sheet from the \$2 shop or some of our [Potty Dot stickers](#).
- A stool for the toilet so they can reach it better and be more comfortable. Sometimes your child may be uncomfortable with their feet in the air, so a stool for them to put their feet on when they are on the toilet can help. This will also give them support when they are pushing.
- Some kids have a fear of "falling in" so a potty seat you can place on top of your toilet can be a great help.

How do I reward?

Some parents love rewards and say they are the only way to go, whether its stars on a chart or lollies. Others believe it's a slippery slope and something not to even start. Certainly praise for success is a good thing and punishments for accidents is not.

This is up to you, as you know your own child and what works best for them. Sometimes even taking action and making up a reward chart is enough to show the child that you care and are willing to help them get through this phase.

Rewards can be used to reinforce behaviour aiming at wees or poos in the potty / toilet. Star or sticker charts are a simple way to encourage desired behaviour.

What behaviours to reward:

- Keep things simple and reward effort rather than result
- Behaviour rewarded needs to be defined, clear and observable:
 - Weeing / poeing in the potty
 - Wiping bottom
 - Washing hands
- Reward small steps - break the behaviour down to achievable goals
- Allow early success and rewards
- Avoid different rewards for different behaviours
- Highlight behaviours one at a time

FREE CHARTS AND
REWARD RESOURCES



[CLICK HERE](#)



TIP THREE

Potty training steps to success

Getting Started

Once you start you don't want to go back to nappies, so do not be tempted to put them back on (of course if your child is unwell for a number of weeks or you feel it's too early then try again in a few months).

If you start with no nappies, then use them "when you go out" or "just in case" when you have visitors, it can be really confusing for your child and make them feel they have a choice. It may not seem like it at the time, but it is a lot easier in the long run if you can just go cold turkey. We are just talking during the day here. Night time potty training comes later at about 4 years old.

Try to pick a time when you will be around home for the first week or so.

- Get your child involved by getting them to choose the colour of their training pants/ Woxers, or new undies at the store. New undies can be a great motivator especially with all the character ones around.
- Talk to them about how they are growing up and it's time to say goodbye to the "baby nappies". These are big kid undies.
- Try not to react or be cross when there is an accident. Remember, they need to learn this and it may take a little while.
- Dress your child in clothing that is easy to pull down. Now isn't the time for cool jeans with a belt and zip.
- Use rewards - whether stickers or a potty dance when they get it right.

Some Mums will set their phone timer to go off every 15 minutes so that their child could try going potty. Then you can gradually extend the time from 15 to 30 to 45 to 60 minutes.

Going Out

- Take spare cloths, wipes, and maybe even a potty in a bag.
- Take a couple of plastic carrier bags to bring home wet clothes in or one of our [Snazzipants wet bags](#). These just pop into your handbag - and are handy for bringing home anything wet or dirty.
- If you are visiting friends / family tell them what your child is trying to achieve. Tell them they may even be expected to do the potty dance.
- A [car seat protector](#) is handy. Most car seats have complicated coverings that are tricky to take off and put back on. A car seat protector just makes it easy.

REMINDE YOUR CHILD EVERY HALF HOUR TO AN HOUR AS THEY MAY BE TOO INVOLVED IN THEIR PLAY TO STOP WHAT THEY ARE DOING JUST TO USE THE BATHROOM. THEY MAY NOT EVEN REALISE THEY NEED TO GO UNTIL IT'S TOO LATE.





DIANE'S FAQs

Common questions and answers

<p>What should I avoid?</p>	<ul style="list-style-type: none"> • Pick a time when you and your child have the energy to train. Just before starting preschool - or before a new baby aren't the ideal time. You need to be able to focus and cope with messes so be easy on yourself and try and pick a quiet time. • Other people's opinions. Everyone seems to have an opinion on potty training but every kid is different. So what worked for one - may not work for another. Some kids will be faster to ride a bike others not so - it is not a competition. • Don't try and do both day time and night time training at the same time. We recommend tackling day training first, and from 4yrs begin night training.
<p>How can I make it fun?</p>	<p>Sometimes laughter is the best medicine and is great at getting someone relaxed. If your child is stressed out about number twos or even a wee in the toilet, here is a great idea to help them relax. Buy some balloons and whilst your child is sitting on the toilet give them one to blow up. You also blow one up and let it 'fart' all round the bathroom.</p>
<p>Accidents on purpose</p>	<p>Would your child rather have an accident than make an effort to go to the toilet? Sometimes your child is so engrossed in their play, they would rather have wet pants than stop what they are doing to go to the toilet. If this is happening a lot, you need to make the clean up and change of clothes more hassle / time consuming than if they had just stopped when needed. So involve them in the clean up, take your time and make it boring. Then they will realise its faster to go when needed than wait till it's too late.</p>
<p>It's just not working!</p>	<p>If you are getting stressed, then maybe take a break and go back to nappies for a few days, even weeks. If anyone asks how you are getting on (because people always ask) just say "it didn't work he's not ready". Then try again. There is no shame in saying this isn't working right now.</p>
<p>Toddler not sitting long enough</p>	<p>Sometimes you have a child that will just not sit long enough, or slow down enough to go to the toilet. Or your child may just take a long time to go. Be prepared to spend some time getting this potty training stage of life sorted.</p> <ul style="list-style-type: none"> • Read books to them whilst they are on the potty • Sing songs together • Have a special box of toys for when the are on the toilet ...blowing toy, ie paper windmill, bubbles, horn or kazoo, balloon (of course with supervision). Blowing engages the tummy & helps with pushing gently • Put interesting pictures near the loo & fun things too



WHAT'S NEXT?

Potty train with support and structure

At Brolly Sheets, we provide a 7 day step by step online Potty Training Boot Camp. I will send you a daily email outlining the days structure and also be available at certain time on our Facebook forum to chat and answer your questions in person.

The next Day Time Potty Training Boot Camp is coming up shortly. If you would like to join or learn more simply click below. Its also a fun idea to invite other mums to join the forum as well - and we can all do this together.

Until next time, goodbye and remember there is not right way to potty train - just your way.



Diane Hurford

Brolly Sheets Founder

www.brollysheets.com.au

Day Time Potty Training Boot Camp

7 day guided potty boot camp with Diane as your instructor. All online and from the comfort of your home.

LEARN ABOUT POTTY BOOT CAMP

Brolly Sheets Kids
Big solutions for wee problems