



Brolly Sheets Kids
Big solutions for wee problems

Toilet Training Guide

DAYTIME

SNAZZIPANTS

BROUGHT TO YOU BY THE TOILET TRAINING EXPERTS

BROLLY SHEETS™



Hi,

Here at Brolly Sheets we are constantly talking to parents about day time toilet training. From when to start and ideas to try when its not going well.

We hope you'll find this guide useful for getting your child on the road to nappy freedom. Inside you will find:

1. When and how to start
2. A list of handy products
3. Some top tips
4. Free reward chart and certificate downloads

Good luck!

A handwritten signature in black ink that reads "Diane". The signature is written in a cursive style with a large, looping initial 'D'.



When to start

First of all – day and night time training happen at quite different times, so don't try to do them both at once.

There is no "right" age to start, but around two / two and a half years is common for girls and a bit later for boys. Spring and Summer are the most popular time of the year as your child will be wearing less clothing and it is a bit easier on the laundry,

HOW TO TELL WHEN YOUR CHILD IS READY

- Can they get to the potty / toilet on their own?
- Can they pull up and down their own pants? (loose clothing will help with this)
- Can they follow simple instructions?
- Is the time right for you and your child? Once you start you don't want to stop if possible, so just before a holiday or a new sibling comes home isn't ideal.
- Is your child showing interest and desire?
- Are they staying dry for at least 2 hours at a time?
- Do they pause and make signs when having a bowel movement?

WHAT TO EXPECT

There will be accidents. So be prepared with extra clothing, training pants and cleaning products. Pick a time when you will have the energy and mental space to be able to focus on your child. On average it takes about 3 or 4 weeks for your child to become dry during the day. Keep in mind there may still be accidents after, this especially if there are changes in routine.

HOW TO START

- Pick a time that suits you and your child. A time where you can have less distractions (ask a friend to collect older kids, do shopping at night when they are in bed etc.)
- It takes time and patience, so do not try and rush it just before the new baby arrives or before the long trip away.
- Make the potty available, or get a toilet insert seat. The most common time to go is after meals and before a bath. Try and keep a record of times so you can "pre-empt" any accidents.
- They will need help washing their hands and wiping their bottom to start. Girls need to be shown how to wipe from front to back when they do a poo to help prevent infection.



HANDY PRODUCTS

We believe that washable, reusable products are better for the environment and also play an important part of your child learning the feeling of wetness. Feeling wet helps their brains to be aware of what is happening and so therefore the “staying dry” process can start. Brolly Sheets has you covered with perfect solutions for home or wee accidents on the go.

If you are prepared for accidents, (and they will happen) then it’s a little less stressful, a little less hassle and a lot less laundry. Whether you go for a potty or straight to the toilet, it’s totally a personal decision, just take the plunge, gear up and get started.



POTTY

Some people keep them in the bathroom, others have several dotted around the house. A Brolly Sheet bed pad (no wings) can be handy to keep underneath in case of spills. There is a huge range from a simple potty for a few dollars to those with iPad holders and the ability to play music. You can even get ones now that can be composted in your garden after training is finished.

As long as your child can sit comfortably, they all do the same thing so decide on what style is best for you and your budget.



STOOL

If using the toilet, a stool helps your child get up and sit comfortably plus it gives them something to push against when doing a poo. Again, there are many styles on the market from a simple step to the ladder like product that fits around your toilet.



TOILET SEAT INSERT

If you do decide to use the toilet rather than the potty, many toddlers have a real fear of “falling in”. A seat insert will help with this by making them feel more secure.



WATERPROOF KIDS CAR SEAT PROTECTOR

The Brolly Sheet car seat protector gives you piece of mind when winging your way down the motorway or heading to the supermarket. They are also handy after swimming and travelling home in wet swim wear or eating ice cream. Check with your car seat manufacturer guidelines before installing any car seat protection.



TRAINING PANTS

Snazzipants training pants are designed to be just like cotton undies but with a waterproof layer and small amount of absorbency. An easy transition between nappies and undies that will help you keep your sanity. They are not meant to keep your child completely dry like nappies; instead they give you a bit of time to get to the bathroom when accidents do happen while letting your toddler feel the damp.

They allow your toddler to feel wetness while minimising the need for clothing changes and protect your floors and furniture from big clean ups. Good quality training pants will be 100% cotton and so feel comfy and will be easy to pull up and down. Brolly Sheets have Snazzipants in a great range of colours and sizes.



UNDIES, LOTS OF UNDIES.

Sometimes buying superhero or fairy undies will help your child "buy into" the process of going dry.



REWARD CHARTS.

Whether its stickers or jelly beans, rewards work. Check out our free charts at the end of this guide.



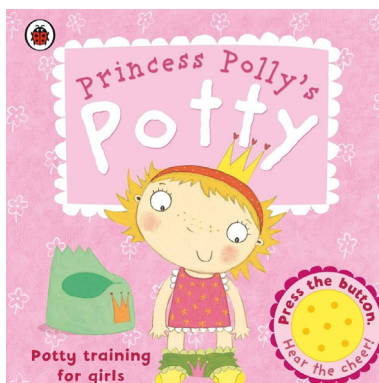
WET BAGS

Brolly Sheets wet bags. Take a couple out with you with clean clothes and you are covered if you need to carry wet ones home. Much better than in your handbag!



WET WIPES.

Handy to take out with you to help with an easy clean up.



BOOKS

Books are an easy way to talk to your child and help them understand about potty training. Here at Brolly Sheets we have a great selection of books to read to your child or get some tips.



HAND SANITISER.

Great for wiping down toilet seats and hands. Pop a purse size one in your handbag.



Top Tips

- ◆ Pick a time to start which is right for you and your child.
 - Can you be home for a few days and ask someone else to pick up older children, do shopping etc?
 - Don't wait until just before a holiday or you welcome a new sibling.
 - Spring and summer can be easier as your child will be wearing less clothes. But if they are ready in winter, take the plunge.
- ◆ Dress your child in clothing that is easy to pull up and down. Now isn't the time for cool jeans with a belt and zipper.
- ◆ Training pants can be a great help. Made of cotton, they feel and look like undies and your child will feel wet. But – they are waterproof and hold a small amount of wee so will protect your furniture and their clothes. Of course, they will not hold a full wee like a nappy, but will give your child a few extra minutes to get to the potty when they need to.



- ◆ Use rewards – see more on page 7.
- ◆ Going out - take spare clothes, wipes and a wet bag / plastic bag to bring home wet clothes.
- ◆ Remind your child every half an hour to an hour to go to the toilet. Don't ask "Do you want to go" as they will often say no. Instead say "Come on, lets go to the toilet".
- ◆ There will be accidents, stay calm and look for opportunities to encourage your child.
- ◆ No poos in the potty. It is more common than you may think - children who are fine with weeing on the potty or toilet, but not number twos. The most important thing is to remain calm and relaxed. You may need to put a nappy back on just for a poo then take it off again after. This is fine to do, but do it in the bathroom so your child is associating the action with the place. The last thing you want your child to do is to "hold it in" and get constipated because they fear doing a poo in a toilet or a potty. I have written an article with some tips on this – check it out on our website.
- ◆ If you are using the toilet, a step stool is important to help your child climb up, but also to give their feet something to strain against when they do a poo. A toilet seat insert is also handy.
- ◆ Books to read to your child can make the process a lot more "normal" and fun. We have a great selection of books with Princesses and Pirates learning to use the potty.





Reward charts & certificates

WHAT BEHAVIOURS TO REWARD

- ♦ Keep things simple and reward effort rather than result
- ♦ Behaviour rewarded needs to be defined, clear and observable
 - Weeing / pooing 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

EXAMPLES OF BEHAVIOUR THAT CAN BE REWARDED

- ♦ Sitting on the potty
- ♦ Wiping bottom
- ♦ Washing hands

POTTY DANCE

The most successful reward in our house was the potty dance. Whoever was home at the time, just me or myself and Nana or the neighbour, after a wee in the potty, everyone would jump up and do a dance. Shout, clap hands etc. Kids love attention and this was a way of reinforcing how clever they had been and what a great achievement. Then we would ring Dad at work or the Grandparents.

HOW TO REWARD

- ♦ Make the chart interesting and attractive
- ♦ Negotiate rewards the child truly values, but do not “break the bank.”
- ♦ A limited choice of items gives mastery
- ♦ Allow your child to reward the whole family e.g. play at park, video rental
- ♦ Immediate reinforcement is best - use a token or sticker to swap later
- ♦ Once the reward is given, it should not be taken away
- ♦ Always give praise and encouragement

EXAMPLES OF REWARDS

The best rewards cost time rather than money. These might be given after 10 stickers on the chart.

- ♦ Special time with parents, e.g. 10 minutes extra playtime with parents
- ♦ Extra privileges at home, e.g. choosing dessert for family
- ♦ Special activities outside
- ♦ Trip to park
- ♦ Choosing a favourite cereal at the supermarket
- ♦ Coin or \$2 shop



Congratulations!



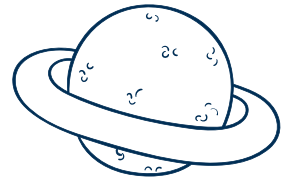
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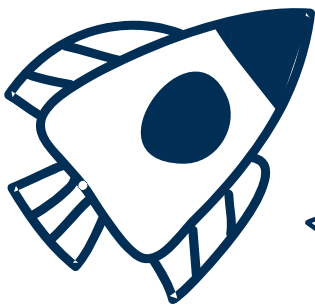
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You are a star!



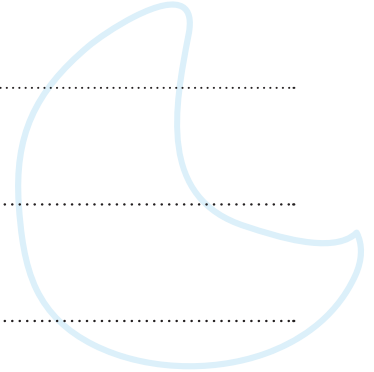
Congratulations!



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You are a star!





Rewards chart
for doing
these things
every day

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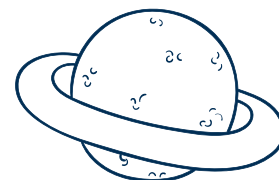
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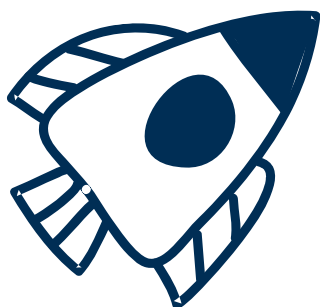
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MON	TUES	WED	THURS	FRI	SAT	SUN
MON	TUES	WED	THURS	FRI	SAT	SUN
MON	TUES	WED	THURS	FRI	SAT	SUN
MON	TUES	WED	THURS	FRI	SAT	SUN

Well done!



Colour one star for
every wee in the
potty or toilet.



You are a star!





WHERE ELSE CAN I GET HELP?

- ♦ The NZ Continence Association:
0800 650 659
www.continence.org.nz/bedwetting
- ♦ Continence foundation of Australian
1800 33 00 66
www.continence.org.au
- ♦ Talk to your local GP

NEED MORE HELP?

BOOT CAMP

We have set up a free Day Time Boot Camp and a Night Time Boot Camp where you get a daily email for 7 days with tips and advice. Go to the footer of our website and click on 'Boot Camps'.

FACEBOOK GROUP

In addition to our Brolly Sheets Facebook page, we have a closed Facebook Group where you can post questions and Diane, one of the team or someone else in the group will answer as best they can. Request to join through our Boot Camps.

OUR WEBSITE

On our website we have a large library of articles with help and advice.

DISCLAIMER

I am not a continence nurse or Doctor. Any parenting or toilet training advice given is based on my experience with my own children, or from talking to thousands of parents over the years. It is from my own thoughts, conversations and opinions, and is not intended as medical advice, nor intended to replace any medical advice given by a doctor or health professional.

Diane Hurford, Brolly Sheets founder.

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