

How do I get my child ready for potty training?

Some tips to get you started:

1. **Get your child involved** with changing their nappies. Change them standing up, get them to help with their clothing and wash your hands together when you've finished.
2. **Talk about wee and poo.** Tell them if their nappy is wet or dry when you change them and talk about the wee or poo inside.
3. **Keep the nappies in the toilet** and change your child in there so they associate wees and poos with that room.
4. **Plan a reward system** like a sticker chart or lucky dip bag. Reward every little step towards potty training like getting dressed or washing their hands.
5. **Read picture books** about potty training together.
6. **Show that you do wees and poos too!** Leave the toilet door open and ask family members to do the same. Young children learn by watching and copying.
7. **Talk to your health visitor** or children's centre for potty training advice. They have a range of resources and knowledge to help.

