

Excerpt from

PROMOTING A HEALTHY BLADDER AND BOWEL

How to start training



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Contribution from

Paediatric Continence
Scotland



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How to start training

Keep the potty in the bathroom. If that's upstairs, keep another potty downstairs so your child can reach the potty easily wherever they are. The idea is to make sitting on the potty or toilet part of everyday life for your child.

Encourage your child to sit on the potty or toilet after meals and drinks, because eating and drinking often leads to the urge to do a poo or wee. Many children will want to wee when waking up from a sleep so this can be a good time as well. Having a book to look at or toys to play with can help your child sit still.

If your child regularly does a poo at the same time each day, leave their nappy off and take them to the potty or toilet. Try to make potty or toilet time fun. If your child is upset by the idea, speak to their healthcare professional for further advice.

Some children will learn to poo on the potty before they learn to wee on it, particularly if it is introduced early. Encouraging them to use the potty or toilet will help build their confidence for when they are ready to use it to wee or poo.

As soon as you see that your child is likely to need a wee take them to use their potty. If your child slips up, just mop it up and wait for next time. Some children take a while to get the hang of it.

If you do not make a fuss when they have an accident, they will not feel anxious and worried, and are more likely to be successful the next time. Put them in clothes that are easy to change and avoid tights and clothes with zips or lots of buttons.

Your child will be delighted when they succeed. A little praise from you will help a lot. It can be quite tricky to get the balance right between giving praise and making a big deal out of it. Do not give sweets as a reward, but you could try using a sticker chart or something motivating for them.





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