

Excerpt from

PROMOTING A HEALTHY BLADDER AND BOWEL

Training pants and pull-ups

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Created by



Contribution from

Paediatric Continence
Scotland



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Training pants and pull-ups

Disposable training pants (pull-ups) feel like a nappy to your child. Washable training pants are exactly what they say and can help contain accidents while you start toilet training.

Washable training pants can give your child confidence and be more convenient for you when you remove nappies. They help protect furniture, but your child will find it easier to tell when they are wet. Training pants are a step towards normal pants rather than a replacement for nappies. Encourage your child to keep their pants dry by using the potty or toilet. Pants with their favourite characters may help with this.

When you are managing to catch about half of your child's wees in a potty or on the toilet it can be a good time to make the move to ordinary or washable toilet training pants. Any accidents are a learning opportunity for your child. Some children may have frequent accidents when they first go to pants, but these usually settle within a few days as they get used to the new sensations.





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