

Toilet training – in pictures

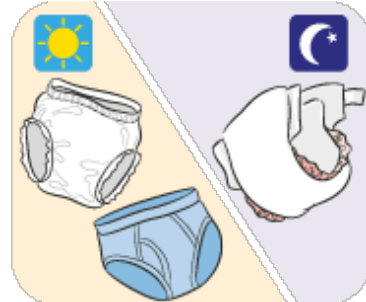
Signs your child might be ready to toilet train



When your child has dry nappies for up to two hours and knows when he's doing a wee or a poo, he could be ready for [toilet training](#). It'll be easier if he can pull his pants up and down too.



Your child might also be ready if she's interested in the toilet, and wants to watch you use it. She might also tell you if there's a wee or a poo in her nappy.



Your child can use underpants or training pants during the day. You might like to use a nappy for the times you won't have easy access to a toilet, or during daytime and night-time sleeps.

Toilet training basics



Dress your child in clothes that are easy to take off.



Watch for signs that your child might need to use the toilet – she might jiggle or hold her hand between her legs. Gently remind her to sit on the toilet throughout the day.



Sit your child on the toilet for a short time (up to five minutes) when a poo is likely – for example, about 30 minutes after a meal.



Have your child sit comfortably on the toilet. Sitting with his feet and legs apart, and leaning forward with a straight back, will help him empty out his wee and poo. He could also use a foot-stool to support his feet.



Wipe your child's bottom or assist in wiping – having him bend over a bit can help. **Always wipe from front to back.** If your child misses the toilet and some wee or poo gets on the floor, don't comment – just clean it up without making any fuss.



Help your child wash his hands, then celebrate and praise him for doing a wee or poo in the toilet.

If you're ever concerned about your child's toileting, speak to your health professional.