



Bathroom Solutions:

Fit visiting the toilet into your daily routine during the familiarisation process

sit your little one on the toilet before bath time daily, once comfortable with this increase visits in your day after taking night and sleep nappies off

Use simple clear instructions explain exactly what is going to happen toilet time, pants down, nappy off, lift you up, sit down, squeeze your belly, wipe your bottom, pants up, wash hands

Encourage Independence

washing hands and pulling up pants

Praise verbal and physical affirmation

use lots of encouraging words, hi fives, hugs or pats on the back, to start with just for sitting on the toilet, then as things progress for using the toilet

Create a positive environment

lots and lots of praise, make it a fun and exciting routine, never growl your child for having an accident, saying ' oh no wee goes in the toilet'

BE PATIENT

Want to know how to do this effectively? contact me to find out more

