

Engelse vertaling uit het Nederlands van Zindelijkheid positief ondersteunen

Potty-training in a positive way

Going to the potty is an important step for a child. You can help your child together with your childcare, grandparents, etc. Start at the right age and don't rush your child, is the message.

Every child learns to go to the potty at their own pace: some children no longer need nappies around the age of 2, while others may need them up to age 4. Almost all four-year-olds use the potty to urinate during the day and for bowel movements during the day as well as at night. Almost all five-year-olds are potty-trained for urinating during the day and at night.

A child is potty-trained if:

- it understands that pee and poop belong in the potty
- if it feels that it has to pee or poop and can hold on and go to the potty or to the toilet
- it wants to cooperate

Steps for during the day

Step 1: Start early

When changing your baby's nappy or if you notice that your baby is peeing or pooping, tell him or her what is happening. This helps your child to understand the process. Peeing and pooping are part of everyday life and is not dirty.

Step 2: Prepare and get him/her used to the potty

Have a potty in your home and let your child play with it. Talk about the potty and perhaps let your child go to the bathroom with you. You can start with step 2 around the age of 18 months or as soon as the child shows interest (see maturity signals).

Step 3: Use the potty regularly

You can present the potty at regular moments during the day, for example after waking up, after dinner, before going to bed and when your child asks for it. This predictability will make it easier for a child to cooperate. You can also present the potty if you notice that your child has to pee or poop.

This step applies any time your child indicates it (you will notice some clear signs of maturity) or from the age of 2.

Step 4: Remove the nappy

If your child's nappy stays dry for a longer period of time (2 hours) on a regular basis or if your child is ready, you can leave the nappy off. Parents should consult with the childcare and vice versa. Choose the right time when it is feasible to monitor your child for a few days.

Night-time potty training

Being potty-trained at night usually comes naturally. There's not much you can do to influence this. It's all about maturity. If you notice that your child regularly has a dry nappy in the morning, you can start leaving the nappy off. Wet nappies are not abnormal until the age of 7.

CHECK-LIST: Maturity signals

UNDERSTANDING: Your child can ...

0 put objects where they belong, e.g. blocks in the box.

Your child understands: pee belongs in the potty.

0 understands language sufficiently and follows simple instructions.

Your child understands the task: 'Come on, let's go to the potty.'

0 interrupt story-telling or a game. Your child is aware that it has done something in the nappy

or is doing something.

0 finds a wet or dirty nappy unpleasant

ABLE TO: Your child can ...

0 have a dry nappy for a longer period of time, for example the nappy is still dry after the afternoon nap

.

0 indicate that it needs to pee or poop.

0 walk on its own, sit down and get up again.

0 pull up or pull down underwear on its own or with some assistance.

WANTING TO: Your child wants to ...

0 get rid of wet or dirty nappies as soon as possible because it's annoying. *

0 know what's happening on the potty or toilet - he or she is curious.

0 cooperate, show it has a will of its own (and sometimes say 'No' as well).

* The quality of today's nappies means that a wet nappy does not feel annoying, making this signal less obvious.

Need more info, advice or help?

- Talk to your nurse, family councillor or doctor about it, or make an appointment with the Child and Family Agency (Kind en Gezin), to discuss with a trained consultant.
- Call the Child and Family Agency helpline (078 150 100).
- Visit the website kindengezin.be/ontwikkeling/zindelijkheid

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