



Haringey Universal Therapy Services (HUTS) Advice Poster

How can I help my child with toilet training?

- **Daily exercise, good hydration** and a **balanced diet** are important. If your child has diarrhoea or constipation, speak to your GP.
- **Teach your child** about toileting. Read stories together, let them see you use the toilet, use pretend play with a teddy or dolly, move nappy changing to the bathroom.
- Get the **environment ready**. Consider lighting, temperature, sounds and what equipment you will use: a potty or a ring reducer with steps.
- When you've done the above, create a **routine**. Choose a time that works for the family and start small: sitting on the potty or ring reducer twice a day e.g. in the morning and before bed, with no expectations your child will open their bladder / bowels.
- Remember to **be patient** and **praise your child** for small successes.

Find out more:

Find out more about
toileting advice from
ERIC



Find more **toileting
advice** from NHS GGC



Call **0203 224 4399**
Monday-Friday
9am-5pm



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