



## Beckton & Royal Docks Children's Centre Tip Sheet

### Toilet Training

Here are some different activities you can try to help your child use the toilet/potty.

#### Potty song

Toddlers can find being on a potty uncomfortable. After sitting on the soft cushion of a nappy, a potty feels hard and cold. This game gets them used to being on the potty and makes it fun.

Build a 'potty song' into your bedtime routine, at a time when they are naturally without a nappy. So, encourage them to sit on the potty while you both sing, and do the actions to, 'Head, shoulders, knees and toes'.

Start with just the first verse, but gradually get them sitting on the potty for longer by adding another verse, and so on. A good time to play is when you're running the bath, as the noise of the water may encourage them to wee.

If they do, praise them!



#### Blow bubbles

Leave a bottle of bubble mixture in the bathroom and hand the wand to your child the next time they're sitting on the potty, whether they have their nappy on or not.

Blowing out through pursed lips will make them push down the muscles in their abdomen, which will give them a similar feeling to when they're doing a poo.

It's a handy game to establish before you start potty-training, as toddlers who are anxious during the process tend to hold their poos in. And this little trick will help them to relax their muscles and let go of that number two.