

Pack 1: First Steps to Toilet Training

Healthy Habits

Eating - Encourage your child to eat a wide variety of foods including fruit and vegetables and fibre. These foods help to prevent constipation.



Exercise – Encourage movement. This helps keep the bowels working and making sure poo is passed.



Drinking well – Encourage drinking. This will help your



[Read the Healthy Habits Tip Sheet for more information!](#)

Words

Decide on the words your family will use for 'wee', 'poo' and 'toilet'. School and family must use the same words so your child does not get confused (tell your child's teacher!).



When your child does a poo or a wee in their nappy, use your family's chosen words and give them praise.



Understanding

Change your child's nappy in the toilet.



Let your child watch you use the toilet.

Let your child watch you tip poo from their nappy into the toilet.



Change your child standing-up and not lying down.

Read them a toileting social story or show them tommy's toilet triumph video

