

Going Potty

**CHILDREN'S CONTINENCE NURSE
LISA SMITH'S 7 P'S POTTY PLAN**

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1. PLAY

Use a teddy or a favourite toy and tell a story about going to the toilet. Use videos like The Wiggles Toilet Song. Make the area child friendly. If they don't like to sit for long, sing nursery rhymes or tell short stories.



2. PLAN

Document your child's toileting pattern for a week and fit your training routine around them. Set up your equipment so they can do as much as possible without your help. Be consistent in your approach and words - tell them clearly what will happen.

3. PRACTICE

Your child is learning a new and complex skill. Focus on the essential steps and make things as simple as possible. There is no time limit and no magic formula. Do it in YOUR child's time.



4. PATIENCE

Your child is in tune with you so showing frustration or using an impatient tone of voice can set them back. They will sense if you are getting annoyed, so take a few seconds to yourself if you are.

5. PERSERVERANCE

These can be the hardest days of your parenting journey. There will be accidents, mess and laundry. If there is an accident, clean it up and move on quickly. It happens. Remember, change is tough for your child.



6. PRAISE

Be specific "mummy is so proud of you for doing wee wees in the potty!" Give them big hugs. Tell family members about successes - you could call them and let your little one hear their praise. If rewards/bribery work - use them!

7. POSITIVITY

You are the best teacher for your child. Think positive and you will act positively. See it as special bonding time and strive for progress, not for perfection.

