

TOILET TRAINING

A GROWING JOURNEY

♥ PATIENCE, PRAISE & PRACTICE HELP THEM BLOOM ♥

Toilet training is a big step, but every child grows at their own pace. With love, support and time, they will gain the confidence to succeed.

YOU'VE
GOT THIS!
♥



ACORN STAGE

Signs Your Child May Be Ready

- Stays dry for longer periods
- Shows interest in the toilet or others using it
- Tells you when they've done a wee or poo
- Can pull pants up and down
- Following simple instructions
- Shows dislike of dirty nappies

♥ Every child is unique. There is no rush – wait for the right time for your child.



SEEDLING STAGE

Top Tips for Toilet Training



Make it easy

Keep the toilet area accessible and use a step or stool.



Dress for success

Choose clothes that are easy to pull up and down.



Talk about it

Read books, chat and make it a normal part of everyday life.



Praise and encourage

Celebrate all attempts and effort – big or small!



Be consistent

Try regular toilet times, especially after meals and drinks.



Stay hydrated

Offer plenty of fluids throughout the day.

Little steps today
build confidence
for tomorrow.



OAK STAGE

Growing Confidence Together

- Accidents happen – stay calm and positive.
- Avoid showing frustration or disappointment.
- Encourage your child to try again next time.
- It can take weeks or months – and that's OK!
- Night time dryness comes later for most children.

♥ With time, patience and lots of praise, they will grow in confidence.



HELPFUL REMINDERS ♥



Let them lead
Don't force it – let your child be in control.



Celebrate progress
Notice and praise every small step.



Stay positive and patient
Your calm attitude helps them feel safe and secure.



Take breaks if needed
A short break can help reset and reduce stress.



Work as a team
We're here to support you – just ask!

You know your child best.

Trust your instincts and remember – every step forward is wonderful!



TOGETHER, WE CAN HELP YOUR CHILD GROW STRONG, CONFIDENT AND READY FOR THEIR NEXT ADVENTURE. ♥