

Find out more

ERIC website: Explore the website for lots of advice.

[Potty training: how to start & best age to potty train - ERIC](#)



Have any questions?

There is a free helpline: **0808 801 0343**

Monday to Thursday, 10am - 2pm

Please call into the Family Hub to talk further about any of the topics shared here.

Grow and Learn with Me

No more nappies!

Wearing pants is an important stage for your child. Rather than one big step they will take lots of little steps to get there.

They will love to have you help them along the way.



Here are some ideas to help you teach your child use the potty and toilet and be able to stop wearing nappies.

Use the ERIC website link on the back of this leaflet. You will find all the information you will need to prepare your child to use the potty then toilet and stop wearing nappies.

Babies and Toddlers

Did you know?

By 18 months, most children will want to try using the potty for themselves.

Key messages:

- Learning to use the potty or toilet and stop wearing nappies is a gradual process. Your child will need to learn a lot of skills to be able to do this. This will take time and you will need to teach them these skills.
- All children are individual and will take different amounts of time to learn. There will be hiccups along the way.
- Stay as calm and relaxed as possible as you teach the skills. Try to make the process fun and part of learning. Have a break if it is all becoming a bit stressful.

The ERIC website describes in detail a 3-step, tried and tested process for you to follow:

1. Preparation

Start early (when your child can sit on the potty) and gradually introduce your child to the concept of using a potty or toilet.

2. Practice

Give your child plenty of opportunities to learn.

3. Perfecting Skills

As your child gains confidence, gradually reduce their reliance on nappies, with lots of gentle encouragement.

