



# **things every parent ought to know about potty training**

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# 1

## **you can start from 18 months**

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Scientific research has shown that children are physically ready to be potty trained at around 18 months.

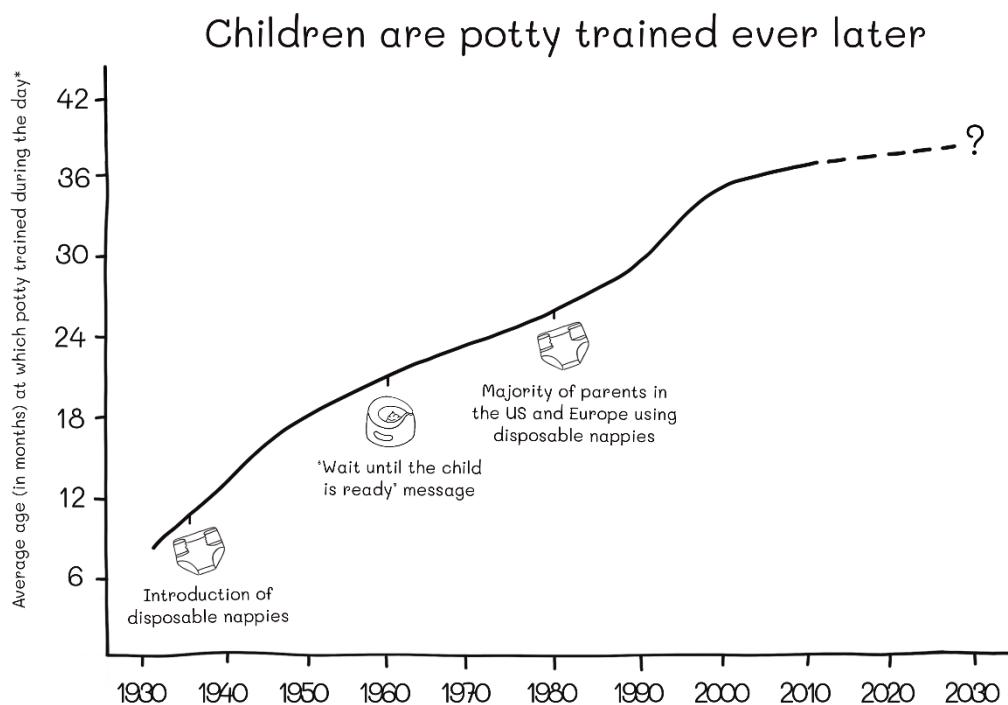
Up until the age of 2, most children are fairly compliant. They accept the world as it is. From the age of 2, children become more strong-willed. They figure out that they can also say 'no' ('the terrible twos!). So don't leave it too late. Between 18 months and 2 years is a good time for most children.

# 2

## starting too late can lead to problems

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Children are becoming potty trained ever later. In the 1940s, children were potty trained at around one year old. Now, the average age is three.



Various scientific studies show that starting potty training too late can have a negative impact on your child's health.

Starting late (after the age of three) is associated with a slightly higher chance of incontinence, constipation and refusal to poo on the toilet or potty.

ERIC UK (The Children's Bowel & Bladder Charity):  
*'We recommend starting early because babies are born ready to learn new things. Understanding how to use a potty is an important skill you can teach your child. Research shows it is better for your child's bladder and bowel health to stop using nappies between 18 and 30 months'.*

# 3

## **interest in the potty or toilet is not a must**

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You don't need to wait until your child shows an interest in the potty or toilet. Many parents confuse 'wait until your child is ready' with 'wait until your child shows an interest in the potty or toilet'. That is a misconception.

There are all sorts of signals that suggest your child is ready to potty train (see point 5). Is your child already showing an interest in the potty? Of course, that is useful. Respond to this interest by practising on the potty. Don't miss this moment. If you don't

go for it, it may be more difficult to teach your child this new skill at a later date.

# 4

## **your child must be able to walk independently**

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Every child develops in their own way and at their own pace. Whether your child is ready depends on their physical and mental development.

In any case, it is important that your child can walk, stand and sit independently.

# 5

## **your child must be mentally ready**

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Your child must also be sufficiently mentally, socially and emotionally developed for successful potty training. Do the following test. Your child:

- Understands you and can express needs.
- Understands that things have a certain place (coat on coat rack).
- Indicates when a nappy is dirty.
- Nappy is often dry for 1 to 2 hours.
- Enjoys pleasing parents.
- Imitates parents/brothers/sisters.
- Is interested in the potty or toilet.

Can you tick **4 of more** boxes? If so, your child is also mentally ready to be potty trained.

Can you tick fewer than 4 boxes? If so, we advise waiting a bit. Do the test again in a little while.

# 6

## **life is as normal as possible**

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Start potty training at a time when life is as normal as possible for your child.

Don't start potty training if your child is unwell or there are big changes going on in their life. For example: moving house, the birth of a brother or sister, an operation, divorce or new childcare arrangement. It's best not to start around exciting days such as birthdays or holidays either.



## **you have time and space**

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Whether you can start potty training also depends on you as a parent. Do the following test.

You

- Would like your child to ditch the nappies.
- Are ready for your 'baby' to become a toddler.
- Believe that you can potty train your child at this age.
- Can be consistent and will persevere.
- Have the time and space to focus on it.

Can you tick **all the boxes**? Are you sure? If so, you are ready.



Is it the right time for you and do you really want to get started with potty training? The Go Potty guide and app give you the right tools to nail potty training in one go. Your child will be potty trained within a few days. Hundreds of parents have done it before you!

## **Our method**

With the Go Potty method, you switch from nappy to pants in one go (during the day and potentially at night too). You teach your child the basics in three to five days. That means staying at home with lots of accidents and lots of mopping up.

It is about staying calm and positive every time there is an accident, being consistent, and persevering. So not putting a nappy on if there are lots of accidents! Most children nail it in a couple of days.

The method is based on positive reinforcement (praising your child if they use the potty) and clearly explaining what the intention is (wee goes in the potty).

Is this something for you? If so, do the following:

- Download the app and get Premium for £26,99
- Follow the 5-step plan.
- Be proud of your potty-trained child (and yourself!).

**YES, I WANT THAT**