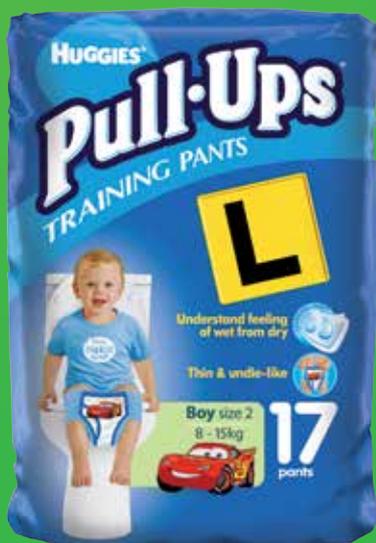


HUGGIES® Pull-Ups® TRAINING PANTS

Toilet Training Guide

A simple guide designed to help you and your child during toilet training.



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Foreword

My first venture into the world of toilet training happened almost 10 years ago when my daughter was approaching her second birthday. Like many mothers and fathers before me, I felt the pressure to train my child by a certain age but soon came to realise that successful toilet training is all about taking cues from your child, letting them decide when to start and how best to proceed. It's easy to get caught up into thinking that the age at which your child first walks, talks or uses the potty is somehow a reflection of your effectiveness as a parent. The truth is, these are just developmental stages that every child goes through and should be enjoyed not hurried.

This guide is full of practical and helpful ideas and tips to support you and your child through the toilet training process. Use the Signs of Readiness to help decide if and when your child is ready. Watching your child grow and become increasingly independent is an exciting time. While there is no magic age to start toilet training – the more ready your child is the easier it will be!

Dr Cathrine

Dr Cathrine Neilsen-Hewett
Early Childhood Education & Child Development Expert



There are only 4 MUSTS

Let your child set the pace

Trust your child, let your child set the pace. Don't try to force them to learn too fast. Support them with the encouragement and positive feedback they need.

Be Positive

Say "You'll do better next time" or "Don't worry about the accident, we'll get it right soon". Keep building confidence. Encourage those Big Kid feelings.

Be Consistent

Avoid mixed signals. Switching back and forth to nappies is confusing to a child. Once you make the switch to training pants, stick with it. Wearing training pants makes your child feel like a 'big girl' or 'big boy'.

Be Patient

There will be accidents! But mistakes are what we learn from. There may be times when your child seems like they are regressing. Don't get discouraged – this is perfectly normal. Be confident that things will be back on track in no time.

When is the right time to start training?

Toilet training is a milestone every child goes through. It can be an exciting and rewarding time for your child as they start to become a Big Kid.

This guide outlines a relaxed and effective approach to help toilet train your child. It's been designed to take advantage of the training power of **HUGGIES® Pull-Ups®** Training Pants and has been used in thousands of homes around Australia and New Zealand. It involves recognising when your child is ready by watching for the "signs of readiness" and then actively encouraging your child's desire to become a Big Kid in every way you can. When training is a partnership between you and your child and instead of a contest of wills, things automatically become smoother, simpler and more rewarding.

Every child is different, so the ideal time to start is different in every case. Some children will take months to toilet train, and others will go sailing right through. The experience is different for every child. The key to successful toilet training is timing. The more ready your child is the smoother the process will be!

The following process is meant to be a general guide - you can use the information to develop your own toilet training routine, one that works for you and your child.

Day and Night

Most of the information in this guide is about daytime toilet training. Being dry at night does not work in quite the same way. Children become dry at night as their body develops and matures, and becomes better able at storing the wee overnight or they learn to wake-up on their own and go to the toilet. For this reason, nighttime dryness is difficult to achieve through the same process as daytime training because children are asleep and not in conscious control of their bladder. For more hints and tips for night time dryness see page 13.

P.S. We'll be using the words "wee" and "poo", in this guide. Please use any other words that you prefer with your child.



Look for the Signs of Readiness

There is no magic age at which to toilet train your child. Every child is unique. The majority of children are ready sometime between 18 months and 3 years, although most do not master readiness skills until after their 2nd birthday.

In order for your child to succeed, they need to be physically, emotionally and mentally ready. There are a number of stages that your child will go through while developing bladder and bowel control. If many of the Signs of Readiness listed below are clearly present, it's probably time to start thinking about toilet training.

Remember, if your first attempts are met with little success, or if your child starts out fine but then regresses, don't worry. Just stop and start again later when your child appears more ready or interested in starting. Timing is very important when it comes to toilet training. Consider delaying toilet training if your child is sick or if there are big changes in your little ones life, like moving house, starting childcare or if a new baby is on the way.

Signs of Readiness

If your toddler shows at least two or three of the physical, emotional and mental signs listed below, it's probably time to start thinking about toilet training. Remember the more ready your child is the more smoothly the training process will go!

Physical signs of readiness

- **Your child has regular, formed poos** and their bowel movements are reasonably predictable
- **Your toddler is developed physically** so they can move around independently and can get themselves to the toilet
- **Your child has the dexterity** to pull their pants up and down with minimum assistance
- **You may notice that the nappy is dry for longer periods** up to 2-3 hours. This shows that the bladder capacity and control are improving
- **Your toddler can recognise the feeling that they need to go** to the toilet or can control the urge to go – young children will often go off to a secret corner to poo

Mental signs of readiness

- **Your child knows what wee and poo are** and may talk about them when you're changing his or her nappy
- **Your child understands the meaning of 'wet' and 'dry'**

- **Your child can predict and communicate when he or she needs 'to go'**
- **Your toddler understands what you are saying and can follow simple instructions**, like 'Go and get your teddy'
- **Your child may become uncomfortable and complain if their nappy is dirty** or remove their nappy following a wee

Social and emotional signs of readiness

- **'I can do it' becomes a regular saying** – this shows that your toddler wants to become more independent
- **Your toddler begins to imitate your behaviour** or the behaviour of others
- **Your child demonstrates independence** – often by saying 'no' to requests
- **Your toddler shows a desire to please you and other adults** – and responds well to praise
- **Your child asks to wear Big Kid training pants or underpants**



How do I get started?

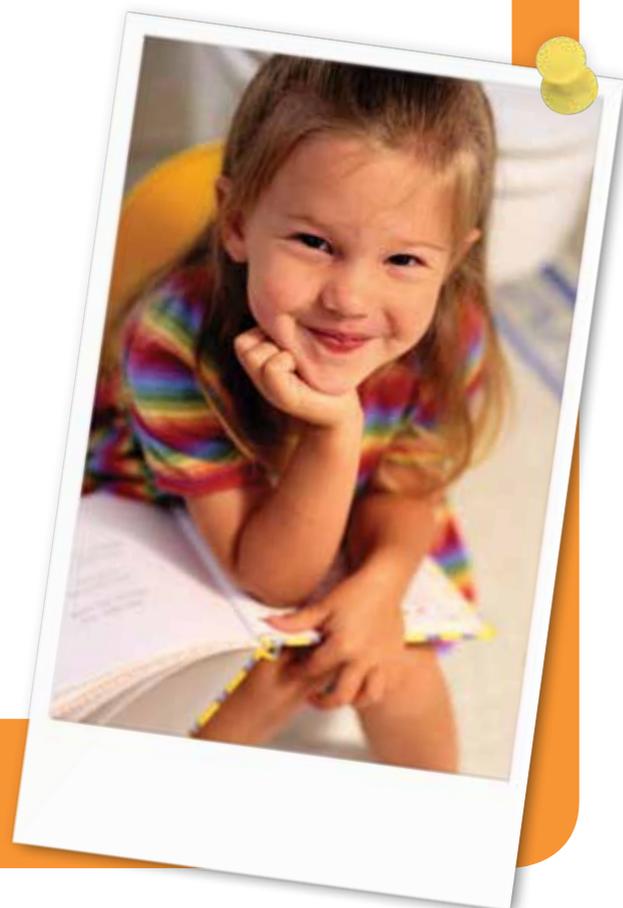


Preparation is everything. The toilet training process should start well before you put your toddler in a pair of training pants or place them on a potty. Young children need to be gradually introduced to the whole concept of going to the toilet like a Big Kid.

Take the time to make sure your child understands what it's all about before you start. A toddler is rarely far from your side, they are always there right next to you, watching intently. Now is the time to make the most of their interest, and explain what you are doing when you go to the toilet.

Here are some other strategies you can try:

- Older siblings and other children can also set a great example. It is not unusual for young toddlers to show a sudden interest in using the toilet upon entering childcare and watching other children using the toilet.
- Don't forget, your child is also busy following your lead. Let your child follow you to the toilet and explain to them what's happening.
- Introduce stories about toilet training. The Huggies Book Club (huggies.com.au) has a wonderful range of books designed for children of all ages.
- Include your toddler when shopping for their potty or training toilet seat. This gives them a feeling of being an important part of something new and exciting. Your child will more likely to want to use something that they have picked out themselves!
- Introduce training pants to your child and show them why these are 'Big Kid' pants and how they are different to nappies (**HUGGIES® Pull-Ups®** Training Pants are thinner and less bulky and look like undies). This helps to send a signal to your child that they are becoming a big kid.
- It is important to give your toddler time to get used to the training toilet seat or potty before using it. Some toddlers may like to use their potty as a chair, others may treat it as a container for 'storing' toys in. If your child appears afraid or disinterested just put it away for a while.
- Use a favourite doll or teddy to demonstrate what the potty is really for. If you find a doll that actually wees, your child will be intrigued to see the potential result of potty training.
- Help your toddler develop self-help skills by dressing them in clothing that can be quickly and easily pulled on and off.
- Allow your child to flush – while flushing repeatedly can test your patience, some children are frightened of the loud noise and splashing, so anything that makes toileting familiar and fun will help.



Toilet Training Tool Kit - At Home

Introducing the following tools from the start of toilet training can really help make toilet training more relaxed for you and your child. Getting a 'training' toilet seat or a potty and some HUGGIES® Pull-Ups® Training Pants will represent to your child the first steps to becoming a Big Kid.

What's best - 'potty' or 'training' toilet seat?

It's you and your toddler's choice. Some children develop a fear of the toilet and are better suited to using a potty initially. If you decide to buy a potty, if you can, let your child have a say in choosing the potty. Make sure it's sturdy, easy-to-clean and above all comfortable. This will make your child feel more at ease. Potties are convenient as you can place them in areas where they can be clearly seen and easily accessed. It's a good idea to keep the potty in a consistent spot during toilet training.

Some parents and toddlers prefer to use a 'training' toilet seat that can be attached to the toilet. It should sit securely on the toilet seat. Not only will this seat make the toilet more comfortable, it will also stop little bottoms from slipping in. You'll also need a sturdy platform at the toilet base so they can climb up and down easily and have a place to rest their feet. One benefit of using the training seat is that the child will get used to being on the toilet and there's minimal cleaning required.

Sometimes it is helpful to introduce both to avoid children becoming conditioned into only using their potty or toilet seat then refusing to use a toilet when out and about. Whichever you choose, the thing to remember is to start slowly. It's usually a good idea to begin by letting your child sit on the potty or training seat with his or her clothes on. Try reading a book or singing a song to keep your child interested to stay put a little longer. Remember not to force your child to stay on the potty or toilet any longer than they want to, instead, use other ways to encourage them to stay there a little longer.



Using both potty and training toilet seat could mean that your child will get used to both options



Training Pants

Introduce toilet training pants slowly. Let your child feel the texture of the pants. Explain to your child how they are not thick and bulky like a nappy, and how they are more like real underwear. Show them how easily they pull on and off, and how your toddler can do it by themselves. This will give your child a sense of independence. It's natural that your toddler wants to grow up and be a 'Big Kid' and leave nappies behind. **HUGGIES® Pull-Ups® Training Pants** help you to take advantage of this natural desire and make the training process a little more relaxed for both of you.



TIP

Let your child feel **HUGGIES® Pull-Ups® Training Pants** and show them how they are different to nappies and how they are more like underwear

Here are some of the features of **HUGGIES® Pull-Ups® Training Pants** which help to make toilet training a little easier:



Learning to understand wet from dry. **HUGGIES® Pull-Ups® Training Pants** are less absorbent with a Learning Liner that helps children understand the difference between wet and dry. The tailored liner allows the feeling of wetness for a few moments, before drawing the moisture away.



Learning the ups and downs, just like real undies. **HUGGIES® Pull-Ups® Training Pants** are soft, thin and less bulky for kids to practise pulling up and down with ease, with ©Disney designs that look and feel like big kid undies.



Learning will mean accidents in the beginning. **HUGGIES® Pull-Ups® Training Pants** are designed to catch accidents and have tailored absorbency where boys or girls need it most. They are also the only training pant to have Re-sealable Easy-Open sides to make those accidents easier to remove.

Remember, toilet training means accidents, and you can't avoid them. **HUGGIES® Pull-Ups® Training Pants** are designed with the absorbency and unique features to help both of you stay more relaxed and confident during this stage.

Toilet Training Wall Chart & Stickers

Charts and stickers could provide positive encouragement to keep your child motivated during toilet training. Inside this guide, you'll find a colourful **Wall Chart** to track successes and skills achieved plus **stickers** to reward your child. And when the exciting time comes for 'graduation', there's also a **Big Kid Certificate** to celebrate your success.

Remember, being a 'Big Kid' could simply mean having a good track record of being accident free. For some parents, having a few days of being accident free is a great achievement and worth celebrating with a special outing.



Toilet Training Tool Kit - Out & About

Eventually, you are going to venture out of the house with your toilet training toddler. You probably thought that once your child was out of nappies life would get easier and your bag would become lighter. This will be true eventually, but in the early days of toilet training, you'll need much more.

Here are a few things that you might find useful in your tool kit:

- Wipes & toilet roll, for wiping bottoms and hands.
- Training Pants help to teach your child to recognise when he or she is wet, but they're also very convenient when you are out and about.
- Change of clothes and a couple of pairs of pants and even some socks.
- Plastic bag or towel for the car. While car seat covers are washable, another option might be absorbent Change Mats, which are a handy way to avoid mess.



Toilet Roll



Wipes



Change Mats



Training Pants

Toilet Training Skills

Weeing and pooing on the potty or toilet is a highly complex process. It may not seem very difficult to us, but when you break down the number of skills needed to succeed, it's incredible that someone as young as a 2 or 3 year old could ever master it.

- Firstly, your toddler has to be able to recognise the signs that he/she needs to go to the toilet, and then hold on to it long enough to get there.
- Then, your little one has to remember where the potty or toilet is, walk to it, wrestle with the clothing and pull down their pants. All this before they even sit down to do their business.
- Finally, they need to wipe their bottom (or call you to do it!), get dressed and wash their hands

In this guide, 9 toilet training skills have been identified. We haven't put time limits on any of these skills, because the timing will depend entirely on the individual child. It is helpful to keep in mind that these skills are just a guide, some children may achieve skills in a different order, and some children may achieve two or three skills at the same time. Think of the toilet training process like a journey where your child is the tour guide. While on this journey, you will certainly have some say as to where you go, however, ultimately it will be your child who sets the pace. Take your cues from their behaviour and provide plenty of encouragement along the way.

Rewards and praise along the way can work wonders. Find out what motivates your child – a favourite treat, stickers, a fun progress chart, special meal or a phone call to a grandparent and of course cheers and hugs will work well too.

TIP

Different levels of rewards are appropriate for different levels of success. If a reward no longer motivates your child, try a new one to keep interest high.



Mum,
I'm wet!

I'm aware of when I'm wet!

This is an early sign and a very good indicator that your child is getting ready for toilet training. This is the stage when your toddler becomes aware of having a wet or dirty nappy or clothing. It's also the time when your child starts to take an interest in the toilet.

HUGGIES® Pull-Ups® Training Pants are designed to help with learning this skill.

They have a tailored blue Learning Liner* in the crutch area of each pant. This tailored Learning Liner* is designed to allow the feeling of wetness for a few moments, before slowly drawing the moisture away. The liner is also placed in a tailored position for where boys and girls will feel this sensation the most. This liner then helps children understand the difference between wet and dry, which ultimately helps them learn to stay dry on their own.

Nappies or nappy-pants are not designed to teach this skill as they are designed with a super absorbent liner which quickly draws away the moisture into the absorbent core. They will not experience the sensation of wetness like they will when in **HUGGIES® Pull-Ups® Training Pants**.



TIP

Help your child learn about 'wet' and 'dry' by playing games which demonstrate the difference between the two.



I'm happy to sit on the toilet or potty!

Let your child take all the time he or she needs to get used to sitting on the potty or toilet. Let them do it with their clothes on at first. Talk to your child to explain that they're becoming a 'Big Kid' and remind them what the potty or toilet is for. Remember, don't insist that they sit any longer than they want to. If your child is in a hurry to jump off you can encourage them to stay a little longer by reading a story or singing songs!

It may take a while before your child is comfortable with the potty or toilet. Don't push – trying to speed things up may result in an overly anxious child and will only prolong the process.



Be patient and understanding – continued encouragement is one of the best things that you can bring to the toilet training process.



I want to wear Big Kid pants like PULL-UPS® Toilet Training Pants!

Actively encourage your child's desire to become a Big Kid in every way you can and in all areas of their life. It's a powerful motivator for toilet training success. To a toddler, leaving nappies behind is sort of like leaving babyhood behind. You can encourage your child to feel like a Big Kid by making the move to training pants a BIG step forward.

HUGGIES® Pull-Ups® Training Pants are designed with young learners in mind. The colourful Disney designs mean they look like Big Kid underwear, and the soft stretchy sides help your toddler learn to pull them on and off with ease.

Remember, your toddler may not be able to pull their training pants up and down by themselves straightaway, it takes a little practice. Provide lots of encouragement and praise along the way.



By storing HUGGIES® Pull-Ups® Training Pants in the drawer with your child's clothing, you are encouraging Big Kid feelings and signalling to your child that these are not nappies.



I can say when I'm going to wee or poo!

If your toddler says 'I'm going to wee' or 'I'm going to do a poo' - praise your child for having the feeling and connecting the idea to the toilet or potty. Be natural, and don't overdo it. Don't forget, when your child first starts out, the warning comes only seconds before the actual event! But, don't worry, this will improve, and you'll soon be making it to the potty or toilet in time. Little accidents are learning opportunities for next time.

Sometimes young children need help identifying cues. You can help your toddler by watching out for behavioural cues like grimaces or poses (like shifting weight from foot to foot) that indicate they are about to have a bowel movement.



Put accidental poos in the potty. Sounds a bit gross, but it's a proven way to learn. When your child has an accident, empty the poo from the HUGGIES® Pull-Ups® Training Pants into the toilet. None of us are born knowing about toilets and their uses, and we have to be taught by patient repetition. (Remember, don't put the pant itself in the toilet, just the contents).



I can go to the toilet with a little help from Mum or Dad!

Notice when your child usually does a poo. Try to time potty visits for these occasions. Be nearby to lend a hand while your child pulls off their

HUGGIES® Pull-Ups® Training Pants and sits on the potty. The first time the poo or wee goes in the potty will almost certainly be an accident! Let your child know how pleased you are that they understand that wee and poo belong in the potty.

For a toddler, putting on pants is quite an accomplishment. Like any skill, it takes time and practice, with some children needing assistance long after they have achieved daytime continence. Manual dexterity is what's required, and 'up' is easier than 'down' for your little learner. You can assist them by helping them pull their pants up and down together, try to resist the temptation to do it for them remembering that young children learn best through support, modeling and repetition.

Be patient and consistent. At first you may want to timetable your visits so that your child sits on the toilet or potty after each meal or snack. Most importantly let your child set the pace. If they resist, don't force things. Say, "Okay. We've got plenty of time to learn." Stay positive and continue to provide lots of praise and encouragement.



Re-sealable
Easy-open sides

TIP

Backtracking is okay. Any number of things can cause a setback. A new baby, moving to a new neighbourhood, the loss of a pet. If it happens, stay positive. Go back to training pants and start at some of the earlier training stages. Try not to be tempted to go back into nappies, as switching back and forth can be confusing for the child.



I can put on or take off HUGGIES® Pull-Ups® Training Pants myself!

This may take a bit of practice and your help. Practice at regular times, when they get up in the morning, before and after naps, and before going to bed at night. It could take a couple of weeks before they can do it themselves, but they'll be so proud once they can!

HUGGIES® Pull-Ups® Training Pants pull on and off like real underwear. Thanks to the soft stretchy sides, your child simply pulls them up to put them on and pulls them down to use the potty or toilet.



TIP

Frequent reminders during the day, especially after meals, before and after naps and bedtime, and before leaving the house will ensure wearing HUGGIES® Pull-Ups® Training Pants and going to the toilet will become routine. Let your child take the lead.



I can flush the toilet and wash my hands!

It's never too soon to get your toddler into good habits. Once your child is comfortable using the potty or the toilet, the next step is to encourage them to wipe themselves, flush the toilet and to wash their hands.

With flushing the toilet, some kids get a kick out of the sound – but for others, they find this frightening. For these kids, you can turn the flushing into a game by encouraging them to wave 'bye bye' to their poo as it disappears.

There's no hurry with this step and they may need your help for a while. Just keep the praise and encouragement coming!

TIP

In the early stages, while they are learning to wipe themselves, you will inevitably go through large quantities of toilet paper. This would be a good time to show your toddler how much to use and keep an eye on them at first.



I can use the toilet all by myself!

Once your child can take their pants on and off and go to the toilet unassisted, they will be happy and proud. Let your toddler know that they have done well with a cuddle or round of applause. Children respond well to positive reinforcement, so by complimenting good behaviour, you are encouraging your child to repeat it. This works very well with toilet training.

There will be days when your child looks like they are regressing. On those days when there seems to have been more misses than hits, remember to stay calm as you mop up the mess. This is completely normal and may continue on and off for sometime. Staying upbeat and positive will maintain your child's confidence.

Adding another sticker to the **HUGGIES® Pull-Ups®** Training Pants Skills Wall Chart is also an effective way to 'reward' your toddler for little successes along the way.

TIP

Keep the Toilet Training Skills Wall Chart in the bathroom to keep your child motivated with each visit.

I'm a big kid now!

I've hardly had any accidents!

Accidents are common and should be expected. Praise all successes but not too much as an overly enthusiastic adult may result in your child feeling pressured and anxious. Keep tracking toilet training success with the **HUGGIES® Pull-Ups®** Training Pants Skills Chart. In the early stages, keep a track of successful potty visits with a sticker, then for accident-free days, use a 'super-special' sticker.

You could buy a special pack of stickers for these special achievements. Before you know it, your toddler will have passed a week or two without any accidents at all.

TIP

Let your child choose the super special stickers to use for accident free days.

Toilet Training Success!

This is an important accomplishment for both of you, so be sure to mark it with a special celebration. The most meaningful reward your child can get may not be a present – but extra time with you. Plan a visit to a special place - the zoo, a park, or a special trip. Fill in the official Big Kid certificate included in this guide and have it proudly on display in your child's room.



Becoming Dry at Night

Once your child has mastered day toilet training, you may feel ready to begin to work towards being dry at night. It's important to note that there is a big difference between daytime toilet training and being dry at night. During the day, your child can control their bladder, but at night, the bladder is out of their conscious control.

Nighttime control occurs when your child's body has developed to a point where their bladder is able to store the amount of wee their body produces overnight or they learn to wake-up in response to the signal sent from their bladder to their brain indicating that it is full and needs to be emptied.

The time between achieving day toilet training and nighttime dryness can vary from child to child. While some children will become dry at night within a few weeks or months of being toilet trained during the day, others may take a little longer. It's not uncommon for children to be between three and four before they are dry at night. Some kids may still have night accidents at six or seven. However, one of the best indicators that your child is moving toward nighttime dryness is an increase in the number of mornings that they wake up dry.



Some hints and tips

- **Make going to the toilet a part of bedtime routine.** Ensure their pyjamas can be easily removed and encourage them to practise pulling them up and down in the early stages.
- **Keep wearing overnight absorbent product** until your child has established a pattern where they no longer wet at night or they learn to wake on their own. About seven consecutive dry nights is often a good indicator that your child may be ready to sleep in undies.
- **Do not restrict the amount of fluid your child drinks in the evening** as this will not help them to stay dry and can even delay the process of getting dry at night. Limiting fluids can lead to dehydration and constipation. Chronic constipation is a common but often unrecognised cause of nighttime wetting.
- **When your child begins to sleep in undies**, it may be a good idea to use a mattress protector. You could try HUGGIES® DryNites® Bed Mats these are disposable mattress protectors that easily fit over or beneath your child's regular sheets. They are designed to absorb any night-time accidents they may have when they begin to sleep in undies again.
- **A healthy diet high in fibre and leafy green vegetables** is important for a healthy bowel and bladder. Children should avoid drinks or food high in sugar and caffeine such as cola and chocolate. Caffeine works as a stimulant causing the kidneys to produce larger amounts of urine placing additional pressure on the bladder.
- **Incentives are unlikely to help your child to become dry at night.** Unlike daytime control, children have very little control over their bladder while asleep, so while rewards can be very motivating during the day, they do little to control children's behaviour at night and may in fact make them feel like they have somehow failed when they do not achieve the desired goal. Rewards or incentives can certainly be used to encourage positive behaviours such as going to the toilet just before bedtime, maintaining a healthy diet or drinking good amounts of water regularly throughout the day.
- **Avoid too much praise for a dry night.** It's out of the child's control when night time dryness occurs. By all means praise the child, but too much praise will put unnecessary pressure on the child to be dry straightaway. Accidents are very much a part of the learning process.
- **Waking or lifting a child to go to the toilet during the night** certainly seems like a good way to reduce the number of wet beds, it does not however help train the bladder nor does it teach children to learn to wake on their own. While it is a great idea to take your child to the toilet just before bedtime, lifting or waking throughout the night means children do not get the chance to get used to the signals that the bladder sends to the brain telling the child to wake-up and empty their bladder nor does the bladder have the opportunity to stretch and develop.



Frequently Asked Questions

Q. Is 18 months too young to start toilet training? My mother keeps telling me that all her kids were trained by 18 months but it doesn't seem like a lot of kids today are.

A. On average, most children begin learning to use a potty by around their second birthday, but as with all areas of children's development, each child is different. Research shows that bladder capacity increases significantly between the ages of two and three, so by age three most children are able to hold on and be dry for a reasonable amount of time. There are however a number of behaviours that you can look for to help determine whether your toddler is ready. Look for signs of physical, mental and emotional readiness outlined in this guide. I would wait until he shows an interest in using the toilet or potty – forcing a reluctant toddler to toilet train is only going to create a battle for everyone and may turn the toilet into an object worth fearing. Don't feel pressured to start training before he is ready – waiting for these signs will ensure the process is much easier and much less stressful for everyone!

Q. What if my child is in day care?

A. Consistency and repetition are two key components of successful toilet training. Most day care centres or care providers will be more than happy to follow your routine for toilet training. If the centre insists on using its own method, and it's the only centre you can go to, then it's probably best that you learn their method and use it at home. Just remember, punishment does not work, encouragement does. As for preschools that insist your child be trained by a certain age – if your child is trained by that age congratulations. If they're not, it's no great tragedy. Just wait a while longer. Wanting to go to day care or school might be just the motivation your child needs.

Q. My son has mastered wees but seems to have a fear of doing a poo except in his nappy. Why do so many toddlers seem to have trouble with number 2s?

A. This is incredibly frustrating although surprisingly common particularly when it comes to boys! The challenge with mastering number 2s is that many toddlers often feel possessive of their stools, and are reluctant to give them up! The nappy seems to offer them some sense of security so they feel more comfortable in depositing it there.

You need to think about ways to encourage him to do it in the potty or the toilet. You may need to revisit some of those basic strategies you used when you first started toilet training him. Encourage him to sit on the toilet or potty after a meal, you can make this a more pleasant experience by giving him a book to read or offering him a reward when he is successful. Don't make a big deal if he doesn't go, as anxiety will only make the situation worse. Repetition and reinforcement are keys to successful toilet training – keep talking to him about how we do our poos in the potty/toilet, read him books about toileting, let him watch you and your husband using the toilet.

Instant flushing of the toilet can be quite traumatic for some children – you can avoid this by getting him to poo into a potty or wait until he leaves the bathroom before flushing. Children hold onto their bowel motions for a number of reasons. For some it is a matter of control – this is often the case when other things in their little world seem to be out of their control. It is important to transfer the control back to your child so that he feels that it is his decision to use the potty or toilet, just remind him that he will need to wear a his **HUGGIES® Pull-Ups®** Training Pants until he is ready to poo in the toilet. It is also worth checking his stools to make sure he isn't constipated, as this can sometimes be the cause of children withholding stools.

Q. What if children get too retentive and become constipated during training?

A. You can help keep this from happening if you watch your child's diet. Children suffering from constipation are encouraged to adopt a diet high in fibre. High fibre foods include whole grain breads, bran or barley cereals, fruits and raw vegetables (celery, lettuce, pear, apples, plums, peaches, grapes). Keep to a minimum those foods that cause constipation, such as rice, rice cereal, pasta, white bread, carrots, bananas, cheese or foods high in sugar. If a serious problem with constipation develops, see your doctor or pediatrician.

Q. Can you leave the house with a toddler while toilet training?

A. Certainly - there is no need to feel housebound. It is important to encourage your child to go to the toilet just before leaving the house and be aware where the toilets are when out and about. Typically there is very little time between when a young child indicates the need to go and actually going!!! Of course you should always take extra **HUGGIES® Pull-Ups®** Training Pants and an additional set of clothes just in case you don't make it in time. Don't be surprised if your child shows a greater interest in using the toilet when out and about – sometimes it has nothing to do with needing to wee and everything to do with checking out other people's toilets!

Q. Are boys slower to toilet train than girls?

A. No. There are differences though. Boys generally show signs of readiness later than girls and take longer to train. However, boys are only slightly behind with the average age for girls 29 months and 31 months for boys. Boys are sometimes more anxious and resistant than girls during toilet training. Ideally, boys should learn to wee sitting down first, as they may be reluctant to sit when it comes to doing poos.

Q. How long should I expect toilet training to take?

A. In toilet training development there is great variation from child to child. In general, the more ready a child is the quicker the process. The average time it takes for a child to toilet train during the day is between 3 and 6 months. Just work at the pace set by your child and don't worry if there are a few setbacks along the way – be patient and continue to encourage your child. Only begin when your child has shown most of the readiness skills, if you start too early it will just take longer.

Q. Why should I put my toddler in training pants? What's the difference between nappies & nappy-pants and training pants?

A. The difference is in the way that your child perceives himself or herself. Your child wants to grow up and be independent. Wearing training pants makes your child feel more independent as they can pull on and off without your help. **HUGGIES® Pull-Ups®** Training Pants feature Disney Princess and Disney/Pixar Cars 2 designs and the training pant itself is much thinner so that it looks and feels more like underwear.

Using **HUGGIES® Pull-Ups®** Training Pants will also signify to your child that they are moving away from nappies during the day. Unlike nappies and nappy-pants, **HUGGIES® Pull-Ups®** Training Pants feature the 'Learning Liner*' which allows your child to feel the sensation of wetness after a wee, so that they start to learn the difference between wet from dry. Nappies and Nappy-Pants, on the other hand, are designed to absorb wetness immediately, so your child will not be feeling wetness after an accident.

Q. What is the 'learning Liner' ? And how does it work?

A. This is a blue layer inside the **HUGGIES® Pull-Ups®** Training Pants which allows the toddler to feel the sensation of wetness. The Learning Liner* stays wet for a few minutes before drying, to allow the child to feel the difference between wet from dry. Feeling the difference between wet from dry, will help the toddlers learn to ultimately stay dry on their own.

Some toilet training tips from Pull-Ups® mums

'Toilet training is not a race. Be guided by YOUR child and THEIR readiness, and you may be pleasantly surprised.'

Jelena, Tamworth, NSW

'I encourage my daughter to use the toilet by giving her a sticker on her hand everytime she uses the toilet.'

Helen, Rye, VIC

'When he can pull his pants up and down, he is ready to start trying ...'

Lillian, East Corrimal, NSW

'Hang a bell near the toilet, so every time your child does something in the toilet they can ring it, and everyone will know!'

Angel, North Booval, VIC

'Get really quick on your feet, because when they say they gotta go, they mean they GOTTA GO!!!'

Rosemary, Kilburn, SA

'Make sure their shorts or trousers have elasticised waists so they are quick to pull down when the time comes to go.'

Jackie, Mangere Bridge, New Zealand

'Be patient and enjoy this moment. Even though it can be frustrating it's another milestone that is passing by.'

Lee, Mt Colah, NSW

'Reward chart - place stamps/stickers on there when they successfully try to go to the toilet.'

Kirstie, Engadine, NSW

'I put an animal/alphabet poster on the wall and we sing and talk about the animals while we wait for..... you know what!'

Cindy, Burpengary, QLD

'Get excited when your child comes to you saying "I'm Wet", because at least they have recognised the need for a change in pants.'

Wendy, Prospect, TAS

'Being silly - boys love it. We'll go the zoo zoo zoo if you do a poo poo poo!'

Catherine, Balgowlah, NSW

'Relax, take your time and don't stress. All kids end up toilet trained eventually - it doesn't have to be today!'

Wendy, Eaglehawk, VIC

'Lots of clapping, cheering, dancing around in circles when my toddler went in the potty or toilet worked for me.'

Jill, Drewvale, QLD

'Patience is the key, don't compare your child to others they will all get it in their own time. Rewards are always a great incentive.'

Rebecca, Sinnamon Park, QLD

'Make it fun. I sing nursery rhymes while I wait for my daughter to go. Now she knows her alphabet.'

Kristine, Green Valley, NSW

HUGGIES® Pull-Ups® Training Pants come in 3 different sizes for girls and boys



SIZE 2: 8 to 15kg



SIZE 3: 14 to 18kg



SIZE 4: 17kg +

For more information about HUGGIES® Pull-Ups® Training Pants

Australia

Call: 1800 028 334

Write: Kimberly-Clark Australia,
52 Alfred Street, Milsons Point, NSW 2061

Website: pull-ups.com.au

New Zealand

Call: 0800 733 703

Write: Kimberly-Clark New Zealand,
PO Box 97-347, South Auckland Mail Centre

Website: pull-ups.co.nz



This certificate shows that

has successfully finished toilet training
and is now a 'Big Kid'!



Princess Stamp of Approval

Date



HUGGIES®

PULL-UPS
TOILET TRAINING PANTS



This certificate shows that

_____ has successfully finished toilet training
and is now a 'Big Kid'!

Lightning McQueen

_____ Cars 2 Stamp of Approval

_____ Date

