



POTETTE[®]
plus



Everything you need to
get started on your potty
training journey





Meet the Expert

Susan Wallace

from Settled Petals

Of all the developmental milestones we take pride in our children achieving, potty training is up there as one of the greatest. Yet getting your child to this milestone can be notoriously tricky. For every success story, there seems to be at least three tales of struggle.

Encountering difficulties when potty training your child can have far-reaching effects. Effects on you, your child and the dynamic at home.

To help guide you through this exciting yet tricky time, Potette® has teamed up with Susan Wallace, a Certified Potty Training Consultant with the Institute of Paediatric Sleep and Parenting who offers both 1:1 support and group workshops.

'My tips and advice will help guide you through this time with one goal, to help making potty training an enjoyable process for both you and your child.'



Ready to Potty Train?

This quick quiz will help you determine if your child is ready to begin potty training. Allocate the relevant points per section and add them up at the end. 

<p>1 How old is your child?</p> <p>Under 22 months - 0 points</p> <p>22 months or over - 3 points</p> <hr/> <p>2 Can your child stay dry for 2 hours or more?</p> <p>No - 0 points</p> <p>Yes - 2 points</p> <hr/> <p>3 Does your child wake up dry after a nap?</p> <p>No - 0 points</p> <p>Yes - 2 points</p>	<p>4 Does your child use potty training language (wee, poo etc)?</p> <p>No - 0 points</p> <p>Yes - 1 points</p> <hr/> <p>5 Does your child show interest in others using the toilet?</p> <p>No - 0 points</p> <p>Yes - 2 points</p>	<p>6 Does your child tell you when they NEED to wee/soil (even occasionally?)</p> <p>No - 0 points</p> <p>Yes - 2 points</p> <hr/> <p>7 Does your Child TELL you that they have wet or soiled themselves (even occasionally?)</p> <p>No - 0 points</p> <p>Yes - 2 points</p>
<p><input type="checkbox"/> Total points</p>		

Your score will act as an indicator as to whether your child is ready to start potty training. 

Less than 5 points:

It is unlikely your child is ready to commence potty training. But don't worry, their bladder is still developing. Take this quiz again in a few weeks.

6 - 11 points:

Your child is showing some indication that they are ready to start potty training. With consistency and support you could begin the process together.

More than 12 points:

It is likely that your child is capable and very ready to commence potty training. Read on to find out how to get started... 

The Essential Kit

In order to make the process as stress-free as possible for you and your child, it's important to make sure you have the right equipment to hand before you start potty training.

★ Two Potties

Having identical potties, one upstairs and one downstairs means your little one can avoid choosing their 'favourite' one and refusing to use the other. Avoid complicated, fussy designs and choose a potty that has a splash guard at the front to prevent any leaks.

★ Travel Potty

Avoid unnecessary hassle and invest in a travel potty like the Potette® Plus that folds flat and comes with its own carry bag, meaning it conveniently and hygienically fits in your changing bag, buggy or car.

★ Child's Toilet Seat

A specially designed seat that fits inside or on top of the toilet seat will help make the transition to using the toilet far easier. Choose a design with handles so your little one can steady themselves on the toilet. The Potette® Plus travel potty easily converts into a toilet training seat.

★ Seat Protector

Protects the child's car seat and buggy from accidents in the early days.

★ Training Pants

Buy lots of pairs so you won't need to worry about any accidents. You may prefer to buy them a size bigger than your child needs, so they are easier for them to pull up and down.

★ Reward Chart

Using a reward chart will help encourage children to use the potty - you can download your free printable reward chart at www.potette.co.uk

★ Step Stool

Helpful for washing your child's hands and later for reaching the toilet. Using a toilet step makes it easier for a child to use their muscles to do a poo - if they can't touch the floor with their feet, it is hard to push against the resistance. A step can help with this as it supports their feet at the right height.

★ Mattress Protector

Fits snugly under your child's bed sheet to protect the mattress from any night time accidents.

"I tell everyone I know to use a Potette! You can easily take it anywhere and you can have consistency with the Potette as it is a Potty and a Toilet Trainer"

Debbie, Mum of two children aged 3 and 6



Time to Start



Once your child has shown signs that they are ready to start potty training, pick a date which works for your family. This should be a time when there isn't too much going on (such as the arrival of a new baby, relatives coming to stay etc). The process will be so much easier if you stay close to home for a few days. Being prepared with arts and crafts, books, family games or whatever your child's favourite activities are, will make it an enjoyable time for your child. During this time observe your child's behavioural cues listed below:

- ★ Pulling their clothes
- ★ Holding their private parts
- ★ Hiding (behind the curtain / sofa / under table / other room)
- ★ They take your hand and lead you to the potty
- ★ Dancing / wriggling / jumping
- ★ Moving from one foot to the other
- ★ Crossing their legs
- ★ Looking nervous

As soon as your child displays these signs it's time to introduce the potty!

Next steps

★ Introduce the potty

Introduce your little one to their potty and read some stories about using a potty before you start training. You could encourage your child to sit on their potty while you go to the toilet, before they get in the bath or before you get them dressed. At this stage they don't need to go to the toilet on it, you are just getting them used to it. You never know, they might just decide to go!

★ Learning to go

Once your child is used to the potty, make sure they have regular intervals on the potty throughout the day and remember to praise them lots if they do a wee or a poo on the potty. If your child normally does a poo at a certain time of the day then make sure you sit them on the potty at that time.

★ Big pants and reward charts

Your little one is ready for their big pants. Choosing a design with their favourite thing on such as dinosaurs, trains or animals will help them feel excited about wearing them. Explain that big boys and girls do their wees and poos in the potty and that means they can wear big pants. This is a great time to introduce the reward chart and encourage your child to use the potty.

"The Potette makes days out easy. No more mad dash to the nearest loo!
Compact and easy to carry, we use it all the time."

Dean, Dad of two children aged 3 and 7



2-in-1 Potette® Plus



"Potette has, without doubt, been one of the best products I've bought as a parent.
My daughter has finally mastered using the toilet."

Jill, Mum to one aged 3

★ Potty training on the move

Keep going with the other steps at home until your child is feeling confident and using their potty regularly. When you are ready, it's time to take potty training on the road. Put your car seat protector on, take your travel potty and a few changes of clothes with you for any accidents along the way. Make sure you regularly ask them if they need to go, as they might get distracted when you are out on an adventure and forget to ask for their potty.

★ Staying dry all night

Some children are dry at night as soon as they begin potty training but for others it can take longer. Using bedtime nappies and a mattress protector can help if your little one isn't dry at night yet. Some pull-ups have a clever design with a picture that stays if they are dry and disappears if they are wet which rewards your child if they are dry all night.

Use your reward chart again and give lots of praise to encourage them, but don't worry if it takes a while, it will happen eventually and remember, every child is different.

★ Moving on to the toilet

Once your child has mastered the potty, you can start the transition to the toilet. A toilet training seat can really help with this because your little one will feel more secure with the smaller seat and handles to steady themselves. You will also need a step stool, so your child can easily step up and reach the toilet. Be patient and give lots of praise and encouragement, you might find your reward chart helpful again here.



Positive Reinforcement

Children will seek attention – positive attention is the most appealing, but they will seek negative attention in favour of none at all. It is important to offer praise and reward when your child is using the potty. This is to help them to associate it with a positive experience.

The use of Reward Charts:

The effectiveness of reward charts will be very dependent on your child's current ability to prioritise future reward.



The child who waits has the ability to prioritise future reward. The child who eats the treat does not. The child who can wait, will probably respond well to a reward chart, with a prize at the end of the week, or when they reach a certain amount of stickers on their chart. The child who can't prioritise future gain over the present is unlikely to be motivated by a reward chart. The child will need an immediate reward. Here you could buy small, cheap items and wrap them up. Or even buy lots of little stickers which they can wear.

"This is incredible! It's so handy for me to whip out when needed, often at short notice! Small enough to fit in my bag also which is another big tick."

Sam, Dad to one aged 2



Here are some other ways to make the potty experience positive for your child:

- Place blue food colouring in the toilet bowl or potty – this will turn green when they urinate on it.
- Play your child's favourite song to relax them as they attempt to go.
- Have blow bubbles kept near the potty - this will help to calm an anxious child. Say 'what's the biggest bubble you can blow?' 'what's the slowest bubble you can blow' etc. This is really a breathing exercise disguised as a game!
- Praise, praise and more praise! Lots of verbal praise. Let them overhear you complimenting their progress to others! Back this up with a physical reward – either a reward chart or small gift.
- Some children respond well to visual cues – showing them flash cards of each stage of the process can help (use potty, empty potty, flush chain, wash hands, dry hands, reward etc).

Something to remember...

Although I would always offer lots of praise for using the potty, I would NEVER offer praise for 'dry pants'. Some children may misconceive this and believe the aim is to keep their pants dry as opposed to using the potty. This could cause them to hold their urine and possibly lead to a urinary tract infection.

I would also never shame for accidents.

And finally... be prepared for accidents.

Accidents are to be expected, especially in the beginning. Do not make a big deal of this. Simply say "oops – never mind – maybe next time" and point to the potty.

Then simply clean them up without any fuss. Having wipes / towel / change of clothes near by can assist with this. We want your child to associate using the potty as a positive experience, rather than an accident as something to avoid.

★ ★ Congratulations! ★ ★
You have successfully potty trained your little one! ★

5 Top Tips for Potty Training while Travelling



Between nap schedules and terrible two tantrums, family trips with toddlers are not always sunshine and roses. But travel with a toddler who is potty training? That can seem daunting! Taking the potty training show on the road or in the air is an entirely different challenge not for the faint of heart. Here are five tips that will help travelling parents during the potty training stage.

1 Don't start training right before a big trip

Even the kids who catch on to potty training quickly usually take several weeks to master the process enough to hit the road. It is very important to give your child time to fully train at home before taking him or her on a major trip. Unfamiliar circumstances can make accidents more likely and can sometimes even cause a regression.

So, look for a several week gap in your family's busy life and travel schedule and commit to it to get through the toughest stages of training. If you suspect your child is going to be a slow trainer, block out even more time.



2 Training pants are essential

There are times when they really are essential, like right before a flight. You never know when your plane will be stuck at the gate or stopped on the tarmac with the seat belt light on for an extended period of time. Similarly, training pants are useful on a road trip, when it might be hard to pull over quickly.

3 Pack an extra set of clothes... and then pack another

Accidents happen, even with potty trained toddlers who have been masters of the potty training universe for months. Sometimes you can't get to a bathroom in time, especially when in unfamiliar locations. Always carry a zip-top bag with a full change of clothes (and sometimes two changes) in it for emergencies. The bag is great for holding any wet or soiled clothes too. While you're at it, you may also want to pack an extra set of clothes for yourself. Poor toddler aim or an accident while your child is sitting on your lap can sometimes make you collateral damage.

4 Bring along a potty chair or toilet seat

Toddlers often have a hard time with large and unfamiliar public toilets (plus, they're dirty!) so having a potty chair or a portable potty seat can help minimize fear and accidents. For air travel, a very compact foldable potty seat ring for use in airport and airplane bathrooms. The familiarity of using the same potty or potty training seat does help.

5 Pick the right destination

Practical destinations should probably be your family's focus for a few months while your toddler masters potty training. Taking a potty training child to the Louvre in Paris with long entrance lines - and even longer bathroom lines - is not exactly a recipe for success. Opt for destinations with reasonable bathroom access. An accident in the great outdoors isn't that much of an emergency.

It'll take little bit of preparation, planning ahead and encouragement from you. But your little one will soon get the hang of potty training when you are out and about. Good luck!

"I would really recommend this item for potty training, great how it works as a potty and training seat while out and about! Perfect size and fits in its handy storage bag, not bulky at all."

Hannah, Mum to one aged 2



"This is a really handy product as it folds up and fits into a rucksack for carrying around with you. The bag for use on its own is fantastic and mess free. This has, without doubt, been one of the best products I've bought as a parent."

Emma, Mum to one aged 2

The Potette® Range

The Potette® is flexible and easy to use for potty training at home and on the go. It fits on top of the toilet seat, offering a hygienic and safe way for your toddler to go to the loo, or it converts effortlessly into a stand-alone portable potty. Choose the Potette® reusable liners, or the disposable, biodegradable liners for mess free potty training anywhere. Folding into its own compact carry bag, the Potette® can fit easily and discreetly into your changing bag or buggy.

2-in-1 Potette® Plus

The non-slip, rubberised base makes Potette® Plus stable and the compact, foldaway design allows it to be stored easily.

Available in 6 colours - mint, blue/navy, grey/white, pink/purple, peach/white, white/blue
Comes with 3 x Potette® Plus Disposable Liners and 1 x Travel Carry Bag



3-in-1 Potette® Max

Using the same features as the 2-in-1 Potette® Plus but with some added extras! The Max includes a reusable liner just like a conventional potty and has a wee-guard to protect against unwanted splashes.

Available in 2 colours - white and teal
Comes with 3 x Potette® Plus Disposable Liners, 1 x Travel Carry Bag and 1 x Reusable Hard Liner



Potette® Plus Disposable Liners

The ONLY liners with a perfect Potette® fit. Easy to use, super absorbent, biodegradable and nicely fragranced - the liners turn liquid into gel avoiding leaks.



Available in packs of 10, 30 and 60
Use with 2-in-1 Potette® Plus and Original Potette® Travel Potty

Potette® Plus Reusable Liners

Made from a soft and flexible silicone material, the reusable liner is simple to fit and easy to use. Simply place both handles of the liner around the Potette® legs.



Available in 4 colours - blue, green, grey and pink
Use with 2-in-1 Potette® Plus



POTETTE[®]
plus

Visit our website
www.potette.co.uk