

Heart Potty Training

Supporting toilet learning without pressure



Promoting gentle, child-centered and positive
potty training experiences



Signs your child may* be ready

- * Every child develops at their own pace*
- Showing an interest in the toilet or potty
- Keeping a nappy dry for up to 2 hours
- Communicating or showing awareness of going to the toilet
- Able to pull pants up and down
- Following simple instructions

Promote independence and self-care

- Offer easy to reach toilet paper and a step
- Practice dressing and undressing clothes
- Gentle reminders to "give it a try" without pressure



Encouragement and routine

- Teach words for wees, poos, pants and potty
- Use the toilet together to model
- Praise small steps and celebrate every milestone
- Have a set routine e.g. before and after the toilet
- Washing and drying hands

Helping to support a shared approach between home and pre-school



- ★ Patience
- ★ Practice
- ★ Praise

