

*Dropping the nappy...*  
(Når bleen skal af)



*Engelsk*  
*- for your child's sake*

**Sundhedstjenesten**

## DROPPING THE NAPPY...

### When and how

Most children begin to be aware of going pee or poo around the age of 2-2½ years. This is usually also the age at which a connection is made between the brain and the urethral and anal sphincters, which is necessary if the child is to achieve control of its eliminations.

It takes time and patience to help a child become toilet-trained and it is therefore important that it take place in close cooperation between the parents and the child-minder or daycare facility. You have to reach an agreement as to how you will tackle it together.

### Dropping the nappy



Maturity, collaboration and readiness within the family are key to your child becoming toilet-trained. The adults that the child is in contact with need to follow the child's signals attentively.

### The initial phase

The child registers that it **has gone** pee or poo in its nappy and brings attention to this.

The child has begun the process, but is not yet able to announce the fact in time.

Take the child by the hand and change its nappy.

Let the child sit on the potty/toilet, if it shows an interest. Make sure the child is comfortably seated and that its feet are supported. Toilet or potty is of little importance, but it may be an idea to choose one of them.

## **The second phase**

The child announces the fact, **while** it is going pee or poo in its nappy. The child is still unable to give notice **before** it goes pee or poo. Let the child finish going in its nappy. Feel free to ask the child if it would like to sit on the potty/toilet while you find a new nappy.

## **The third phase**

The child says that it has to go pee or poo **before** doing so and is able to hold back consciously. The child can begin to drop the nappy during the day. The child is helped to use the potty/toilet. It is important that the child gets immediate help as it gets easily upset if "accidents" happen, and needs to experience success. Bring extra clothes when away from home so you are prepared if "accidents" happen. Show that you have confidence in the child, and do not change between giving it a nappy and leaving it without one. It is no good if the child has to have a nappy on in order to pee. Many children need to keep on wearing nappies at night. If so, the nappy needs to be dry over a period before it is no longer needed.

## **Rhythm, patience and good habits**

Seat the child on the potty at set intervals, e.g. before and after bedtime and when it is going out to play. Do not ask if it needs the potty all the time. Give the child a chance to say it needs to go, give it time and comfort.



Older siblings or children in the childcare facility can be good role models. Place the potty in a central place so the child gets used to it and it is a natural thing. A basket with books the child can look at is a good idea.

Acknowledging the child's efforts is important throughout the learning process. Encouragement makes the child want to try again. Avoid using too much praise.

### **Do not show disappointment or irritation**

Remember, "accidents can happen" even if the child is toilet-trained, e.g. in the middle of a good game or big changes in everyday-life, such as transition to kindergarten, moving house or the arrival of a younger sibling.



If the child does not cooperate over a period, take a break before trying again, perhaps the child is not ready yet.

**SUNDHEDSTJENESTEN The Municipality of Egedal**  
**Dronning Dagmars Vej 200, 3650 Ølstykke**  
**Tel. no. 72 59 67 20**

[www.sundhedstjenesten-egedal.dk](http://www.sundhedstjenesten-egedal.dk)

REMEMBER TO WASH YOUR CHILD'S  
HANDS EVERY TIME IT HAS BEEN ON  
THE POTTY OR TOILET. IT MIGHT AS  
WELL LEARN FROM THE VERY START  
THAT THEY ARE CONNECTED

