

TOILET LEARNING

A skill we teach, not a stage we wait for

Starting gently from 18 months to 2 years supports your child's bladder health, confidence and independence.

97 in 100

children were dry in the day by age 3, two generations ago

51 in 100

Australian children were dry in the day by age 3 in 2010

1 in 4*

children started school in 2025 not fully toilet trained

After age 2

a later start is linked with more daytime wetting at school age

A gentle journey, stage by stage

1

From birth

Talk your baby through every change, calmly and kindly.

2

Sitting steadily 6 to 8 months

Offer a short, relaxed potty sit before each nappy change.

3

Pulling to stand 9 to 12 months

Change nappies standing up, in the bathroom, so your child can help.

4

12 to 18 months

A window of strong interest. Offer the potty at every change.

5

18 months to 2 years

Underpants by day, regular sits, and more doing it themselves.

How you can help at home

- Name wee and poo during changes, and let your child see family use the toilet
- Offer sits after waking, after meals, and before bath and bed
- Try nappy free time so your child feels what wet is like
- Choose underpants over pull ups during the day, and easy elastic waists
- Water, fruit, vegetables and active play keep poos soft

What we do at the centre

- Use simple, shared words for wee, poo, wet and dry
- Build regular toilet times into the day
- Teach each step: notice, go, pants down, sit, wipe, flush, pants up, wash
- Use books, songs and play to make the toilet familiar
- Respond to accidents calmly, the same way every time

Respect

The body is something to understand, never something to be ashamed of.

Consistency

Small, calm moments every day, at home and at the centre.

No pressure

No bribes, sticker charts, punishment or shame.