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bathtime

With loads of great ideas to make a splash at bathtime



toilet training

Some helpful tips, good advice and a few essential items to help you get your little one out of nappies



Toilet training is a major milestone for all children. Dealing calmly with the transition from nappies to using the toilet independently is vital to building your child's confidence.

What you may need:

- Potty
- 4 x reusable trainer pants (plastic pants with terry lining)
- Packet of disposable trainer pants
- Step-up stool so your child can reach the loo or basin
- Toilet training seat for the loo
- 2 x mattress protectors
- Change bag with plenty of spare pants, clothes, wipes and nappy sacks for wet clothing, etc.
- Travel potty

When to start

Take the lead from your child. When he/she starts to show an awareness of what's happening to his/her body, try introducing a potty. This may be when your child

is about 2 years old – but remember that every child is different so there's no need to rush things. By the age of 3, most children have fairly reliable bladder and bowel control, but some still aren't ready to start toilet training until they are about 4. This is nothing to worry about.

Most children follow this sequence:

1. night time bowel control,
2. daytime bowel control,
3. daytime bladder control,
4. night time bladder control.

Handy tips and advice

- Always have a potty around so your little one can get used to sitting on it
- Dress your child in easy-to-manage clothing – summer is a great time to start potty training
- Try to establish a routine, sitting your child on the potty at specific times of the day e.g. after meals, before a nap
- Always give your child plenty of encouragement and go at their pace

- It is very important not to put your child under any pressure – knowing a nappy is going back on at bedtime can be very comforting
- Once your child uses the potty regularly during the day, you can then move onto using the real toilet
- Being able to control the bladder at night is the final stage. Remember a child of 2 or 3 can't hold urine for much longer than 4-5 hours
- Bed-wetting is very common up to the age of 7, and boys are especially prone to it. It can be hereditary – check this out with your family
- If training twins, try not to compare them
- Let your child's nursery, nanny or childminder know that you have started toilet training

Find out more at...

www.mothercare.com
www.healthvisitors.com



BABYBJÖRN® Potty Chair

With its soft shapes, high back support and comfortable armrests, the **BABYBJÖRN®** Potty Chair is a good place to start life without diapers. The inner potty has high splashguard and is easy to remove, empty and clean. The ergonomic design of the **BABYBJÖRN®** Potty Chair makes sitting on the potty a comfortable experience.



BABYBJÖRN® Toilet Trainer

Learning something new can sometimes take a while. The **BABYBJÖRN®** Toilet Trainer makes learning to go to the bathroom a little easier. Soft curves make the Toilet Trainer a comfortable place to sit, and it is easy to adjust to fit any toilet seat. Once the Toilet Trainer has been adjusted, children can easily put it on and remove it from the toilet seat by themselves. The **BABYBJÖRN®** Toilet Trainer is easy to keep clean and has a built-in handle so you can hang it up when it's not in use. The **BABYBJÖRN®** Toilet Trainer works wonderfully with the **BABYBJÖRN®** Safe Step – making visits to the bathroom as easy as anything.



BABYBJÖRN® Safe Step

The **BABYBJÖRN®** Safe Step helps children to reach the toilet or the washbasin when they insist, "I can do it myself!" Small feet stand safely on the rubber surface. Wide rubber edges on the underside keep the **BABYBJÖRN®** Safe Step steady on the floor.



BABYBJÖRN® Little Potty

Small and easy to bring along, the **BABYBJÖRN®** Little Potty is perfect for traveling or for use in the summerhouse. **BABYBJÖRN®** Little Potty is stable on the floor and your child will find it comfortable and convenient to use. A splashguard in the front prevents accidents and the practical handle at the back makes it easy for you to empty and clean.

making a splash at bathtime



Too hot to handle?

Bath water should be 32-36°C, so avoid the risk of scalding by first running in cold, then adding hot water to a depth of 2-3 inches. Bath thermometers are a handy way to keep check on the heat.



Non-slip

Use an anti-slip bath or shower mat to stop baby sliding around.

Baby hoodie

Have a warm towel ready so baby doesn't get cold when you take him out of the bath. A hooded towel stops heat loss through the head and keeps the towel in place, ready for wrapping and cuddling.



Bathtime is one of the best times to bond with your baby. Here's how to ensure it's a pleasure, not a trial.



Top-and-tail

If your baby doesn't enjoy bathtime there's no reason for going through the torment every day. Instead fill a top and tail bowl with warm water and wash the hands, face and neck with cotton wool or a face cloth, moving on to washing the nappy area last. Remember to use cooled boiled water for the eye area.

Loving support

It can be tricky to cradle a wriggling baby in the water while reaching over to wash him, but a bath support (made of plastic, sponge or fabric) holds his head and shoulders out of the water, leaving you one hand free for washing.



Soothing massage

Gently massaging oil into your baby's skin after a bath helps counteract the drying effect of washing on delicate skin. It's also a wonderful chance for both of you to bond.



Playtime

Once your baby starts to enjoy bathtime, introduce bath toys to keep her entertained and make the process even more fun.