

## **POTTY TRAINING SUMMARY**

We used pull ups then went on to pants - used nappies/pull ups at night for a few months more until I was sure they were dry

You've chosen the best time of year to do it!

Have lots of potties around the house and garden - if possible, let them choose the design of potty they like

I think sometimes they need to feel the discomfort of wet/dirty pants before they get the hang of it!

If the weather's nice, let them run around in as few clothes as possible!

Make sure your washing machine is in good shape

You may need lots of patience, but hang on in there!

Think about reward chart or treats if they manage to 'perform'

They may develop at different speeds, so one may get there before her sister

Strange question but - do they see you use the loo? I still joke sometimes that it's so nice to be able to go to the loo by myself when they get a bit older!

One last thought - pants with logos/designs on the front are better, so they get them on the right way. Again, letting them choose their new big girl pants can help

A huge thank you to everyone who took the time to reply with potty training tips - you are all so kind and I really appreciate it. The tips have really helped so here's a summary for anyone else about to go through the same thing...

- Everyone said they did days and nights separately. Most people went cold turkey during the day and used nighttime pull-ups (you can get special pull-ups for nights which are more absorbent and often on offer, Huggies do some). Lots of people called them something different like special sleeping pants / underpants nappies etc to make the distinction with nappies.

- All children need different amounts of time with pull-ups at night and some stay in them for a long time. Once they are waking up dry in the morning for about a week or so that's a good sign that they're ready to stop using them.

- Poos take longer - buy lots of cheap pants from Primark rather than scraping off the poo!!!

- Use lots of easy clothes - cheap jogging bottoms / leggings etc and lots of socks (don't forget accidents can make their way all the way down to the socks!).

- For daytime naps, most people encouraged them to go to the toilet or potty before putting them down then used a pull-up for the nap. The same waking up dry principle applies to daytime naps: check the nappy as soon as they wake up and once they wake up dry for a few days you can do without them. Remember to remove them as soon as they wake up.
- Lots of people also used pull-ups for long car journeys.
- The 10pm "dream wee" worked better for some people than others - someone gave a good tip of a running tap to encourage them to wee!
- Boots do a good travel potty which makes being out and about easier if no loos in sight.
- Helps if no fluids after 6pm, could switch to toast or Cheerios etc instead.

Many thanks again to everyone!  
Annette

I just wanted to say a massive thank you to everyone who emailed me with their stories, advice and support. Several of them gave me a good and long overdue chuckle!

For those who requested a copy of the replies, I have attached them in a Word document. I've also attached a copy of the 3-day programme I mentioned in my original email. Sorry it's taken so long!

The good news is that we appear to be done and dusted now. The kindergarten is being very supportive in view of all the recent upheaval AND the fact that the boys are the youngest in their class - they only made the cut by 24 hours. It also seems that a couple of sneaky mums send their kiddiewinks in in pull-ups despite the fact that the rules state they're banned. Shock, horror!! All this has made us calm down, so our attitude is more relaxed now.

The biggest influence on our boys seems to be that the others at kinder saunter in and out of the loos and sort themselves out with no fuss. This has bizarrely resulted in James and Tom holding on to wee/poo at kinder on the 3 days that they go there! When we're out and about, we do take a training seat with us and this has been a huge hit, but we did spend more time in the loos today at the zoo than we did actually looking at the animals, such is their newfound enthusiasm for checking out the facilities everywhere we go. We also now have a battle on our hands to put pull-ups on them at night, even though they're still very much needed! Finally, we've discovered (in our less fraught state) that James likes to go on his own and then streak around the house telling everyone what he's done, which is obviously fine at home, but not a desirable trait when we're out. But whatever works for him!

Oh, and then there's chocolate buttons doled out by Grandma when she's home :-)

Thank you again to everyone who got in touch. I am really grateful to all of you!

Grainne

Blind leading the blind I reckon, but here is what we are doing (starting properly next Friday, but have warmed them up for about a month)

-We bought Lindam 3in1 potties, seats to go on normal toilet, wee potty that becomes a step stool for when they are ready

-We are doing both at once to completely go cold turkey on daytime nappies (will keep them in nappies at night for a bit still). We didn't think it would work to do one and not the other

When I did with my singleton I had potty and travel loo seat. We did different ones as I heard tht if they too into one type they then hv probs out and about

I recommend these but baby bjorn hv got good ones too

Baby Years in Harpenden is worth buying from as if you talk nicely they price match or may even possibly do a discount for multiple items!!

<http://baby-years.com/NappiesPottyTraining/potties/PotettePlusFoldAwayTravelPottyToiletTrainerWhiteBlue>

<http://baby-years.com/NappiesPottyTraining/potties/PrinceLionheartPottyPodPink>

[http://baby-years.com/NappiesPottyTraining/potties?product\\_id=348](http://baby-years.com/NappiesPottyTraining/potties?product_id=348)

I started potty training at 2 1/2. I did an hour a day for a week and it was just too early. Do I left it a month and tried again , hour a day for a week or when it suited me. My daughter showed some interest but my son did not so u stopped training him. By 2 years 10 months my daughter had trained herself. I started my son at 3 years old , an hour day or if I was at home would let him go longer. I always put a nappy on when we went out.. Pull ups.. It took a while but he did like novelty and then realised his sister no longer wore a nappy so he wanted to do the same.

Night time training took alot longer

Here are a few of my thoughts for what they are worth - I have 2 girls! I initially thought I would do them together in the summer to make it easier (they are Jan babies). However one of my girls decided for me that she wanted to give it a go a little sooner than I was expecting - I'm not sure if this was because they were in 'real' nappies but it was earlier than I expected (26 months). I bought 2 seat potties for downstairs and upstairs had 2 simple potties in the bathroom, I also used a seat that went onto the toilet. For a while I used to take them with me to the toilet - explain what I was doing, wash my hands etc and I would put a potty in there for them to try out. After a week of quite a lot of watching - and talking - I cleared 3 days in the diary and just went for it. José trained in 3 days and was dry overnight within 6 months. Stella who wasn't bothered at all eventually followed 6 months later (she took longer actually and probably wasn't truly dry in the day for about 8 weeks) - she would try and copy her sister but wasn't very successful out and about. Chocolate buttons were my

weapon of choice. Lots and lots and lots of patience, lots of clothes, I used Tots Bots training knickers in the early days which helped. I never left the house without 2/3 changes of clothes. My biggest suggestion is please wait until they are showing real signs of being ready - not just when someone is telling you they should be ready. Its so much easier and less stressful that way - it was the first time I approached things separately and it was the best thing I did.

I've just potty trained with my b/g pair so it's quite fresh in my mind!

I read a couple of methods but then went with my own version that made sense to me.

My pair were 2 and a half and I did them together because they are at same stage developmentally and very interested in what each other is doing.

We spent a good few months prior to this with some cheap white potties from argos having a go at bathtime etc, when they fancied it.....this went on far too long really as they were probably ready to train but I was putting it off!

When the time came in November I decided to ditch nappies entirely and go straight to pants and night time pull ups, we called the pants big girl/big boy pants and the night time pull ups night night pants. I took them with me to choose pants from primark and we bought loads and loads of pairs.

We bought 2 frog potties and a toilet training seat - see links. The frog potties are nice and big and high and reasonably priced. We also bought the potette travel potty but have hardly used it as ran out of bags and mine have been happy to balance on a big toilet when out and about. We took one of the small cheap white ones out with us.

[http://www.amazon.co.uk/Fisher-Price-Precious-Planet-Froggy-Friend/dp/B001NJ0BI8/ref=sr\\_1\\_1?ie=UTF8&qid=1325670460&sr=8-1](http://www.amazon.co.uk/Fisher-Price-Precious-Planet-Froggy-Friend/dp/B001NJ0BI8/ref=sr_1_1?ie=UTF8&qid=1325670460&sr=8-1)

[http://www.amazon.co.uk/Toddler-Potty-Training-Toilet-Ladder/dp/B006DLFHZS/ref=sr\\_1\\_38?ie=UTF8&qid=1325670689&sr=8-38](http://www.amazon.co.uk/Toddler-Potty-Training-Toilet-Ladder/dp/B006DLFHZS/ref=sr_1_38?ie=UTF8&qid=1325670689&sr=8-38)

We spent a few days at home with lots of reminders to go to the potty (every 20 mins to start then less and less frequently) - I had the potty in the room we were in and then slowly moved it to the hall then the downstairs toilet, I encouraged them to try the toilet too. I made up reward charts with stickers for successes and gave lots of praise - and also encouraged them to praise each other too which they loved. they wore loose fitting bottoms or just pants for the first couple of days but I then put them back into their normal clothes to get them used to undressing.

They go to nursery 2 days a week and grandparents one morning a week so they all continued in the same way.

We had lots of accidents and lots of successes over the first 2 weeks and they got the hang of it quickly with wees however poos took a lot longer and my little boy in particular needed lots of encouragement and modelling with this as he was becoming anxious about going. We are now 8 weeks in and apart from the occasional wee accident when they are overtired or distracted we have been clean and dry in the day for the past three weeks and my boy is approaching dry at night. We can now go anywhere and they will tell me if they need to toilet - even in playcentres and at the dentist!

It's amazing not having to change nappies anymore and although it is hardwork for you and the washing machine it is great once you're out the other side!

Sorry I seem to have written an essay here but hope it's of use. My key advice would be go cold turkey no nappies, don't be tempted to put them back into nappies to travel etc, get friends/family involved to give lots of praise, initially have 2 buckets -1 of disinfectant and 1 soapy water to hand to mop up accidents and soak soiled clothes. And try to stay relaxed about it....easier said than done.

I know potty training is very individual and some are ready to start at 24 months (especially some girls) but I would say it sounds a bit drastic to stop using nappies as soon as they've done a wee on the potty/toilet. We have a boy who is now nearly 26 months old and we started putting him on the potty as early as 7 months. He would sit for a little bit and before we knew it he started to actually do his business on the potty. Since then he's been going to the potty every nappy change and we used to have days when he was pretty much dry. Then his little brothers arrived 6 months ago and he hit the terrible 2 stage when everything was "no, no, no" so we never got to progress. Now, I have noticed a change though. He often tells me that he needs the potty so we use it as soon as he asks. We have not dropped the nappy yet, don't think he's quite ready for that yet (I could be wrong!) but we have introduced a nappy chart. Every time he goes to the potty he gets to put a sticker on his chart. It seems to make him more aware of the process and he enjoys it. One strategy when potty training is to get them used to the idea slowly, take the nappy off for a few hours a day to start with. This is the strategy we have decided to go for. But some say going cold turkey is the best, as long as you can take a week or two to stay at home so that there's no deviation to the plan.  
Good luck!

Try not to get stressed, ignore peer pressure, just because they are twins does not mean they are ready at the same time...

We didn't start training until the girls were well over two and a half and it was really tough! Just exhausting for about a month when all we seemed to do was a) ask 'do you need a wee wee? b) sit by a girl on a potty waiting to see if they would wee and c) clean up accidents. Worst was when the other one would have an accident while you were clearing up or changing her sister who'd just had an accident. Sorry to be less than positive but we did get

there in the end! I don't know if these are special twin tips because we haven't trained a singleton but we went cold turkey and never went back to nappies once we started, we never went for pull ups, we used sticker charts (one for a wee and two for a poo) with a prize after 10 stickers. We did both girls together and at first one was more successful but once the other got going she had fewer accidents. We bought the loo seat with toddler seat combo and had a potty and travel potty. Just bought really cheap knickers and threw any phooey ones away - couldn't face scrubbing phooey pants! I think with twins travel potty is a must as when out can't always just drop everything and rush to find a loo (I also had a 9 month baby in tow!). I also just had to relax about cleanliness, I hated all the toilet seat touching that one would be doing as I was helping her sister wash her hands etc.! I'm not sure any of this will help but good luck and you'll get there in the end!! I dreaded it for ages, it was awful but like everything just a short phase in retrospect!