



## “Virtual” Toilet Training

NOW may be the perfect time to start toilet training your child.

If you've got a little one who isn't toilet trained yet, we're here to help you with everything you need to know about getting started!

We will support you with a program broken down into small achievable steps and give ideas to help you as well as always being available if you need some extra advice or support.

Join Andrea & Sandie from the INSPIRE Service via **Zoom** meetings

on

**Fridays- 12<sup>th</sup> November; 19<sup>th</sup> November ;  
26<sup>th</sup> November; 3<sup>rd</sup> December**

***Each session starts at 10.00am until 10.40am***

*Toilet training is an important development skill which we have broken into 4 steps for parents to recognize the developmental progression.*

*You will need to join us for all 4 sessions, as each step needs to be secured before moving onto the next one!*

**Session 1:** Is your child ready? Things to observe and practise with your child. Things you will need to get to prepare for toilet training your child

**Session 2:** Are you ready to start toilet training? Practise sitting your child on the toilet for a short time at regular intervals. Make this experience positive for your child. It is useful to keep a daily record.

**Session 3:** Ready to go. Taking your child's nappy off all day. Useful books and videos. Praise for effort as well as success.

**Session 4:** Common questions and difficulties also shared experiences

If you want to join us please contact: [Sandie.briggs@lbhf.gov.uk](mailto:Sandie.briggs@lbhf.gov.uk) and she will send you a link to the Zoom meetings.