

There is no doubt, the Early Years are Fun and Challenging in equal measure!
Keep checking in to our tweets and Facebook page for helpful tips on focus areas

Developmental Milestones – parents often wonder what their child should be doing in terms of development and compare their child to other children of a similar age or worse, feel inadequate because of what other people say their child should be doing! Click here to find out about your child's development:

<https://inourplace.co.uk/developmental-and-emotional-milestones-leaflet/#:~:text=%20Developmental%20and%20emotional%20milestones%20leaflet%20%201,wrong..%20%2006%20guilt%2C%20fantasies..%20%20More%20>

Always speak to your Health Visitor, School Nurse or GP if you have any concerns or for more advice about your child's development

This Week we are Focusing on Toilet Training

A developmental milestone that's often top of a parents 'my child can do' list, but is often a milestone that you will get the most 'advice' about, that may be helpful or unhelpful! But is your child ready and how do they (and you!) do it!

- For most children, daytime toilet training is achievable between 2 and 3 years of age
- The sequence for children to achieve control of their bladder and bowels is usually:
 - bowel at night
 - bowel in day
 - bladder in day
 - bladder at night
- Only begin when your child shows signs of being ready. But what are the signs?
 - ✓ Nappy may stay dry for a reasonable length of time
 - ✓ Your child may indicate that there is a wee or poo in his nappy
 - ✓ He may use words to describe what he has done or is about to do
 - ✓ He may show signs of needing a wee or a poo, for example reddening or the face, hiding, pointing
- Make sure you and the rest of your family are ready too! Choose a time when you can be calm, consistent and focussed on this new development
- Buy a sturdy potty that won't tip and let your child choose their own 'Big pants'
- Place the potty in the room where you spend the most time. At first there probably won't be time between realising he needs the potty and getting to the bathroom!
- Have a routine whereby you sit your child on the potty every 60 minutes. Gradually increase this if your child stays dry
- Make sure you use easy to remove clothes and offer lots of praise and encouragement
- Accidents will happen so be prepared with clean clothes, wipes, reassurance and plenty of patience! Clean up the mess calmly and never punish your child as will make her afraid or worried
- Don't expect your child to be dry at night for up to 12 months after being dry in the day
- If your child isn't making progress after a week or so, or is getting distressed and upset, put toilet training on hold. You can try again in month or so
- Always speak to your Health Visitor, School Nurse or GP if you have any concerns or for more advice about toileting

For more information about parenting support available, please contact the Parenting Team via our Facebook page, or by email to bsmhft.parenting@nhs.net

Fortnightly parenting themed tweets can be viewed on our Facebook page - Solihull Parenting Team, or via the school nurse twitter feed: @SolSchNurses