



Top Toileting Tips

Think balloon!

The bladder is like a balloon! It does not fully mature until around the age of 5. As the child matures/begins potty training the bladder needs to experience getting fuller - to be stretched and reach its full capacity. It's only when it is stretched that a signal is sent to the brain to say 'I need a wee', so it's really important that we allow this to happen.

When wearing nappies the bladder regularly fills and empties as it becomes full. When the nappies are removed and the child is taken to the loo/potty too frequently, it potentially encourages the bladder to empty before it is full. Some children can do a small wee every time they are taken but this does not allow the bladder to stretch and therefore it does not send the 'need to wee' signal to the brain. As a result, the child will not learn to realise they need a wee and be able to self initiate...