

# 5 top toilet training tips for school

Getting ready to go to school? Just remember the 5 Ps.

**1 Prepare:**  
Get your grown-ups to visit [Eric.org.uk](http://Eric.org.uk) for tips on how to prepare and what to wear.

**2 Practice:**  
Use loos away from home and try different types of flushes and hand dryers.

**3 Put those pull ups away:**  
Practice wearing your big kid pants and get used to pulling them up and down when you go to the loo.

**4 Plan:**  
Try and get into a good toilet routine before you go to school - find out how to do this at [eric.org.uk](http://eric.org.uk).

**5 Praise:**  
Give yourself a big clap whenever you try to use the loo by yourself. You deserve it!

Want to know more? Visit [Eric.org.uk](http://Eric.org.uk) and sign up to join the Toilet Train Summer Challenge and receive expert advice straight to your inbox.

## About ERIC, The Children's Bowel & Bladder Charity

### Who are we?

ERIC is the UK's leading charity supporting all children and teenagers with a bowel or bladder problem. In the UK, 1 in 12 children are affected by a bowel or bladder condition, including constipation, soiling, wetting accidents and bedwetting. The impact on their life can be devastating.

For over 30 years, we have been providing information and emotional support to families who need us. We believe nobody should suffer in silence. We're here to empower children and those who care for them with the support they need to live a healthy and happy life.

Find out more at [Eric.org.uk](http://Eric.org.uk).



### Answers\*:

- Stop 1 Hydration Hill: 6 – 8 drinks a day
- Stop 2 Wee wee falls: 4 - 7 times a day
- Stop 3 Kitchen corner: lots of different foods including fruit and veg
- Stop 4 Poo valley: at least 4 times a week
- Stop 5 Tick tock town: any time you like but especially after meal times.
- Stop 6 School: a teacher or grown up in class

\*These are recommended figures, check our website for more advice at [eric.org.uk](http://eric.org.uk).



**ALL ABOARD!**

Get ready for school with the wee and poo experts from ERIC, The Children's Bowel and Bladder Charity.



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Choo choo! We're off on an adventure as we get ready for school – but first we need to make sure we know all about healthy wee and poo habits. Earn a sticker for every question you get right. (Answers on the back).

1

**Hydration Hill:**  
Roughly how many drinks should I be having every day to keep my bladder & bowels healthy?

2

**Wee wee falls:**  
Roughly how many times a day should I be going for a wee?

3

**Kitchen corner:**  
What foods should I be eating to help me do healthy poos?

4

**Poo valley:**  
How many times each week should I be doing a poo?

5

**Tick tock town:**  
What are the best times of day to try for a poo?

6

**School:**  
Who can I ask if I need the toilet while I am at school?

