

Remember Big changes in a child's life, for example a new daycare institution, changes in family structures, moving, divorce or death, can interrupt the child's development. It might be necessary to let the child wear a diaper again. When the child then feels safe again, it will be ready to try being without the diaper.

Work together with the daycare institution or the child minder

The process is best for your child when parents and the institution or child minder work together. Speak to the staff about the needs of your child and where the child is in its development.

Find books about the subject at the library.



If you need more help

Contact your child's daycare institution/child minder or the health service at Hjørring Kommune. The health service phone number is 7233 3506.

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Brochure for parents

When it's time to lose the diaper ...



Hjørring Kommune

How do you help your child to lose the diaper?

It takes a lot of time and patience, when your child needs to lose the diaper. It is very important that your child is ready, and that the child and parents can work together, when the diaper needs to come off. Parents and other adults that your child spends time with must notice the child's signals. This is very important in the process to help the child.

When is your child ready to lose the diaper?

Losing the diaper is a slow process in the same way as learning to eat, walk and speak. At approximately 1 ½ years old most children get a sense of their own body and the contractions that come in the bladder and intestinal wall, when peeing and pooing. Normally around the age of 2-2 ½ the connection between the brain and the nerves in the bladder and intestinal wall muscles are established. This connection to close these muscles is needed for the child to have control over urine and poo. This development consists of three stages.

Stage 1

The child notices that it **has** done a pee or a poo in the diaper and tells about it. The child is developing but not ready yet to give the signal in time. Help the child and change the diaper.

Offer the child to sit on a potty or a toilet, if the child shows interest. Make sure the child is sitting comfortably with support for the legs. It is not important whether it is potty or toilet, but it can be good to stick to one of them.

Stage 2

The child notices **while** it is doing a pee or a poo. The child is still not ready to give the signal before it pees or poos. Let the child finish in the diaper. Offer the child to sit on the potty or toilet while you find a new diaper.

Stage 3

The child signals **before** it does a pee or a poo and can control the actions. It is in this time that the child can begin being without a diaper in the day. It is still important to help the child to the potty or toilet.

Remember: The child cannot control the pee or poo for very long, and it is important that you help the child to success by making it to the toilet in time. Show you trust the child to manage without a diaper. It is not good to change between diaper and no-diaper in this time, it will confuse the child.

Normally a child will pee once every 2-3 hours in the daytime.



How to do it—good advice

Give your child security, comfort, peace and time to learn this.

Get a potty or a toiletseat for children and a little stool, and leave it out so your child gets used to it.

Let your child see other children go to the toilet.

Make sure your child sits comfortably and has good support for the feet, so it can use the pelvic muscle to empty the bladder and bowel completely.

Make good habits and take the child to the toilet at certain times, for example after main meals, before playtime and before bedtime.

Encourage your child in the process but avoid rewards.

Be patient. Do not show irritation or disappointment.

Be prepared to change a lot of bed covers and clothes.

Give your child clothes that are easy to take off.

Teach your child to wash hands after trips to the toilet.