

HUGGIES PULL UPS

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Welcome

The toilet training stage is an extremely exciting time but it may also have its less than appealing moments. Not only does it mean an end to nappies, it also means your toddler is yearning to become a 'big kid' and is starting to become increasingly independent. As your child nears this stage, it may come as a relief to know that while this can be an unpredictable time, many parents face exactly the same stumbling blocks, but every child eventually reaches the same exciting goal. And there are lots of easy things you can do along the way to help your child transition from nappies through to 'big kid' pull-up pants and finally to using the toilet confidently and happily.

Top tips

General tip: Let your child set the pace. Forcing them before they are ready often only prolongs the process.

Girl tip: Dress for success. You want to make going to the toilet as easy as possible, so it's important to make sure the clothes your daughter is wearing aren't too complicated to get out of in a rush. Avoid outfits that involve numerous buttons or tricky fastenings and opt for dresses or elasticised skirts and shorts where possible.

Boy tip: Dress for success. You want to make going to the toilet as easy as possible, so it's important to make sure the clothes your son is wearing aren't too complicated for them to get out of in a rush. Avoid outfits that involve numerous buttons or difficult fastenings and opt for elasticised shorts or pants where possible.

The process ahead

You probably have lots of questions you want answered before the toilet training process begins. At this point, knowing the right age to start is often the most pressing concern, but the good news is, you don't have to worry about the when. Your child will let you know they're ready to start - and there are lots of tell tale signs you can look out for that signal their readiness. Once you have started the process, remember to bear in mind that every child is different, which means no toilet training process will be the same either. But as this is a stage that every parent goes through there are lots of tips and tricks you can try when you do encounter the odd hiccup along the way.

Making it easier for you

There is certainly no shortage of information available about the toilet

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training stage, but we have gathered all of the advice, tips, tricks and resources you may need to guide you through the toilet training process and put it all in one easy place - on our website. Find out the things you could already be doing to help your child make the transition more easily - like shopping for a potty together or showing them Pull-Ups and explaining that they are 'Big Kid' pants. Learn the Signs of Readiness to watch out for so you can feel confident that you know when it's the right time to start. Download our comprehensive toilet training guide, which even includes a reward chart and stickers to keep your child motivated along the way. And don't forget to order your free sample of Pull-Ups while you're there, to see for yourself how they work and much easier they could make the process for you and your child.

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How's it going?

Whether you are still looking out for the Signs of Readiness or are working out the best way to make the potty more appealing, we hope your toilet training process is going well. If you are experiencing some frustrations, remember, there is no correct method and no exact length of time it will take. As every child is unique, so will be your toilet training journey. But there are always tried and tested approaches you can try along the way.

Top tips

General tip: Once toilet training begins, avoid mixed signals. Switching back and forth to nappies is confusing to a child.

Girl tip: Make toilet training fun for your daughter. Try reading one of her favourite fairytales to keep her interested in staying on the toilet long enough.

Boy tip: Make toilet training fun for your son. Try putting blue food colouring in the toilet. After he urinates it will turn green!

Real-life advice

Toilet training is a stage that every parent right around the world has to go through with their child. So, needless to say, over the years, mums and dads have come up with their own unique toilet training strategies. It can often be helpful, and comforting, to share your stories, concerns, and successes with other parents. Head to the Huggies Blog/Forum to read the creative strategies other mums have come up with and post your own stories, questions or advice. You might just stumble across the perfect tip that works wonders with your child. One mum found that blowing bubbles while her daughter was on the potty kept her distracted until she was done!

Watch and learn

It can often be helpful to see these strategies in action so head to our website to see our helpful how-to videos, including our group of experts discussing their best toilet training tips, covering everything from rewards and praise through to the importance of shopping for new undies with your child.

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It takes time

Even the most experienced parent can come unstuck when it comes to toilet training and feel totally stumped if their child does not seem to be making progress. The two most important things to remember are positivity and patience. It may be that certain areas are more difficult than others. For example, it is quite common for children (especially boys) to be very possessive of their poos. It comes down to a sense of control, so make sure going to the bathroom is a pleasant experience, offer a reward when they are successful, and put the control back with them, explaining they will have to wear their Pull-Ups until they are ready to poo in the toilet.

Top tips

General tip: Encourage your child's positive steps by praising their efforts in toilet training. Rewards like stickers, snacks and special toys to play with while they're on the potty will not only boost their interest in the process but foster greater confidence, too.

Girl tip: Let your daughter watch you go to the bathroom and explain to her what is happening. It may feel uncomfortable at first, but you are the best role model for your daughter. After all, little girls want to be just like their mums so it's a great way to get your daughter interested in wanting to learn.

Boy tip: Get Dad or big brother involved as a role model for your son. Encourage either of them to take your son to the toilet for a few demonstrations. Little boys love to be just like their dad or their big brother so it's a great way to get them interested in learning.

Night-time dryness

While you have control over day time toilet training, night time dryness must be considered and approached in a totally different way. Night time control occurs at a point where your child's bladder has developed enough to be able to store the amount of wee their body produces overnight, or they learn to wake up in response to the signal sent from their bladder to the brain indicating it is full and needs to be emptied. You have much less control over when and how this night time dryness occurs but you can find lots of helpful tips on how to move your child towards night time dryness on our website.

Reconsidering readiness

If your initial attempts at toilet training have been met with little success, consider stopping for a while and starting again when your child appears more interested and ready to start. Re-look at the Signs of Readiness, which may include complaining that their nappy is dirty, recognising the need to go to the toilet, or asking to wear 'Big Kid' training pants or underpants.

Setting a routine

To get your child used to Pull Ups training pants, it is helpful to set frequent

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reminders during the day - especially after meals, before and after naps and bedtime, and before leaving the house. You can download our special stickers from our website that you can stick on the home clock to make these times easy to remember.

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Have we helped?

We hope that our recent emails have provided you with the support and guidance you have needed during your toilet training journey with your child. We'd love to know if our advice has been helpful, so please fill out our survey to give us your feedback so we can continue to provide the most relevant and helpful information to other mums as they reach this stage.

[Survey]

Top tips

General tip: To help your child learn the difference between wet and dry let them feel the sensation for themselves with a pair of gloves or socks. Keep one glove dry, then wet the other mitten. Let your child try both of them on and see what each one feels like. Talk about the difference and ask them which feels better.

Girl tip: Little girls love playing mum so use this to your advantage. Have a special dolly that is going through the toilet training process at the same time as your little girl. Allow her to sit the doll on the potty or toilet. She will feel as though she is taking control of her situation through this role play exercise.

Boy tip: Once your son has mastered standing up to wee, you can help him improve his aim with simple tricks such as a ping pong ball for target practice. The benefit of a ping pong ball is that it won't flush away and it will never get soggy.

Ongoing advice and support

This is where our email series ends, but don't forget you can always head to our website for additional advice to see you right through to the end of your journey. Don't forget to regularly check in to the Huggies Blog and Forum to discover the latest posts from toilet training mums just like yourself and if you need some creative ideas, check out our toilet training games to help make the process more fun as well as teaching your child important concepts such as 'wet' and 'dry' at the same time. We wish you luck on the rest of your toilet training journey.

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Summer training

As the summer holidays roll around, it's a perfect time to devote a little more time and thought to preparing your toddler for the toilet training process. Whether your child is on the verge of being ready or you are mid-way through the process, now

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is a great time to check out all of our fantastic tools and resources to help answer any questions you may have or to investigate solutions to any challenges you may be experiencing.

Top tips

General tip: Learning the difference between feeling wet and dry is one of the most important stages when it comes to toilet training. You can help your child learn the difference between wet and dry by playing games which demonstrate the difference between the two. Head to our website for some examples you can try.

Girl tip: Get your daughter focused on the benefits of being toilet trained by taking her on a special errand: buying underwear. Explain to her that she will be able to choose whatever kind she wants (with her favourite cartoon or TV character for example). Talk up the outing before you go so she will feel excited about being old enough to use the toilet and wear underwear just like mummy or her big sister.

Boy tip: Get your son focused on the benefits of being toilet trained by taking him on a special errand: buying underwear. Explain to your son that he will be able to choose whatever kind he wants (with a favourite cartoon or TV character for example). Talk up the outing ahead of time so he will feel excited about being old enough to use the toilet and wear underwear just like his dad or big brother.

Toilet training away from home

Don't be surprised if your toilet training progress takes a step backwards over the holiday period, especially if you take a prolonged holiday in a new location. Many parents have found that holidays are in fact a great time to toilet train as they have more time to devote to the training. While you are on holidays and away from your own familiar surrounds, using Huggies Pull Ups allows your toddler to feel comfortable with their toilet training program no matter where you are. Head to the Out and About Toilet Training section on our website to discover more handy tips.

Do boys and girls need different strategies?

While in many ways the toilet training process is the same for both boys and girls there are some different techniques and strategies you will need to introduce for each. For example, for boys it is helpful to teach them to sit down for wees and poos in the beginning to avoid any mishaps. Once this is mastered, he can then distinguish between sitting down and standing up. With little girls it's important to teach them to wipe from front to back from an early age to help prevent infection. And remember, it's never too early to teach your children about the importance of good hygiene when it comes to washing their hands afterwards, too. You could even consider buying some special 'fun' or yummy smelling soap especially for your child who is learning to toilet train - no-one else should be allowed to use it. Learn about more important differences on the Toilet Training Tips section of the Huggies website.