



[All aboard the Toilet Train: Get ready for school - ERIC](#)



Hello to all our friends in early years settings!

We're ERIC, The Children's Bowel & Bladder Charity, and we're reaching out to let you know about some free resources we're making available to you all to support with toilet training children in preparation for school.

No doubt you'll be aware of recent figures that show that 1 in 4 children are now starting school still struggling with toileting. ERIC offers support and reassurance to families who are struggling with any kind of bowel and bladder issue.

We've set up an initiative called Toilet Train, to help get as many children toilet trained and ready for school as possible by offering support via email, our website and our helpline.

We know that early years settings are an important part of this support network, so we're offering **free digital asset packs** to you, packed with advice sheets, videos, posters and leaflets which you can download and share with the families you support.

Advice sheets include:

- Potty training advice
- Toilet training children with additional needs
- How to tackle constipation
- Bottom wiping advice
- Daytime and nighttime wetting
- Handling toilet anxiety

Parents and carers can also sign up to receive information and advice sent straight to their inbox.

We want to make toilet training fun, simple and accessible to everyone. You can access our online shop for free downloadable resources and other items to buy, by clicking the link below and heading to our website:

[Potty & toilet training – ERIC, The Children's Bowel & Bladder Charity](#)



Did you know that we also offer training that will help your staff to feel more confident supporting children and their families with this important development milestone?

Our accessible, thorough, and affordable eLearning course has been developed specifically with early years practitioners in mind and covers the simple 3-step approach to potty training that we have adopted at ERIC. It's delivered via informative and educational videos from our specialist continence nurses, bite-sized, easy-to-digest information and quizzes.

[Professionals - ERIC](#)