



Setup: Begin by setting up the GottaGo (see user instructions) at its lowest height, with the back in the upright position. Use your judgement to set the footplate height, this will be easy to adjust later.



Preparation: It is important to talk to your child before they get into the seat to give them a chance to prepare for the new and strange experience of sitting in this position. Make sure to give lots of praise when they do. Remember at this point your child probably won't understand what the seat is for.



Positioning: It's important not to rush to adjust the position of the seat. Depending on how your child reacts to using the seat, you can start to adjust it gradually as your toilet training progresses. As your child becomes more comfortable using the seat, you can adjust both the footplate height and back angle to achieve the best position for toileting.