

## POTTY/TOILET TRAINING POLICY

Being toilet trained is a skill that children need to develop independence, self-esteem and confidence. When you feel the time is right to start potty training your child, I will work in partnership with you in order for the process to be consistent and to allow your child to progress effectively.

ERIC - The Children's Bowel & Bladder Charity, suggest a 3 step method to potty training: <https://eric.org.uk/potty-training/>

- **Stage 1 Preparation:** sourcing appropriate equipment eg- potty/ies, toilet seat and step stool, travel potty etc.
- **Stage 2 Practise:** change nappies as soon as they are wet; do nappy changes standing up; have regular short times without wearing a nappy; start sitting on the potty/toilet some of the time eg- after waking, after meals, if you can see your child needs to go
 

**Practise:** words/signs to help communicate their needs to you; how to push their pants down and pull them up again; good personal hygiene eg- correct way to use toilet paper for wiping, handwashing and drying.
- **Stage 3 Perfecting (stop using nappies):** Explain/talk about what will happen with your child; choose a good time (avoid big changes or disruptions to routine); avoid using pull-ups or going back to nappies; make sure they are drinking enough; dress them clothes that are easy to get on and off; encourage boys to sit down for wees and poos initially (helps empty bladder and bowel better)

I am happy to talk about how I can support you here at the setting through stages 1 and 2 so that approaches are consistent between home and here.

### The information below relates to stage 3 – stopping using nappies

Each child is different and shouldn't be hurried into potty training before they are ready. Equally it is important to spot the signs that they may be ready and to take action at the appropriate time. Children show signs that they are ready at different stages of their development. These signs are a more important indicator than the age of your child.

### **Signs your child may be ready:**

- Your child is staying dry for longer periods of time, often two hours or more.
- Your child recognises when they are in the process of urinating and defecating, and can communicate this clearly
- Your child can follow simple instructions.
- Your child is able to sit and engage in an activity for several minutes without becoming distracted or irritable.
- Your child is able to pull their own pants down and up independently / with minimal support.
- Finally, and perhaps most importantly, your child shows an interest in potty or toilet training. This could be that they want to keep dry or clean or they may want to wear 'big kid's pants'. They may also show an interest in what you're doing when you go to the toilet and express their wish to do the same.

If you try to potty train your child before they are ready, they may become upset or distressed as you will be asking them to do something which they aren't really able to control or understand. Potty training will be best accomplished when your child's physical and emotional development are taken into account and they are showing the appropriate signs of being ready.

When you believe your child is ready please take the time to discuss this with me. You will be required to start the process at home. Potty training (perfecting stage, without nappy) will not be introduced here until it is fully

established at home and your child is using the potty/toilet confidently. **I would ask that children have had a minimum 5 days successful potty training without nappy at home before introducing it here.**

#### To support potty training here, please:

- discuss with me before starting.
- let me know in advance when you have begun potty training so I can make sure I have the appropriate equipment set up and ready.
- share with me the routine you are using at home so I can recreate it consistently – this includes the language or phrases you use to prompt toileting, routines you follow, the role the child takes independently in the process; any reward systems you have adopted etc.
- Dress your child in normal pants, and clothes that are easy to remove. **No dungarees, vests with poppers etc**
- Provide at least 3 **full** changes of clothes, including socks/tights.
- Continue to provide wipes, nappy sacks and a few nappies until told they are no longer required.
- Please do not switch to using pull-ups – these will hinder the process. If after a couple of weeks your child is having regular accidents through the day, there has been no progress made or it is obvious that your child is not ready, then it may be advisable to stop the process and re-try again at a later date.

Any toilet related accidents will be dealt with calmly and I will never blame or chastise your child into thinking they have done something wrong. Positive encouragement will be used and praise will be given when your child achieves any successes on the toilet or potty. It is not advisable to start potty training when there are any major changes ongoing in your child's life or if your child is ill.

Please do bear in mind that I will need to consider the health, safety and hygiene needs of all of the children in my care whilst potty training each child.

If you have any concerns at any time in relation to potty or toilet training your child please do not hesitate to discuss this with me. I recognise that each child is unique and potty training or toilet training will differ slightly for each child. When the time comes, if you or your child have any individual requirements please discuss this with me and I will endeavour to accommodate your needs.

#### Useful resources

<https://eric.org.uk/potty-training/>

'My Potty Plan' download – available on ERIC website (or ask me to see a copy)