

# Toilet Training



Toilet training is an exciting step for both you and your child. Leaving nappies behind and teaching your child to use the potty or toilet doesn't always run smoothly but like learning to crawl, walk and talk, toilet training is a step that cannot be hurried. Your child will get there – but toilet training is much more successful if you know how to recognise the signs that your child is getting ready and allow them to set the pace.



### Is your child ready?

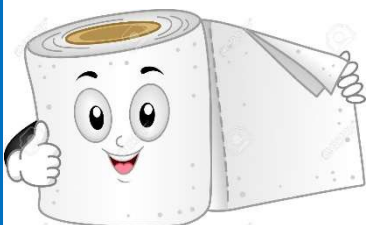
Some children are around 2 years of age when they begin to show an interest in the potty, many nearer 3. Your child may be interested if they:

- Take an interest when you or someone they know goes to the toilet
- Let you know when they have weed/soiled their nappy.
- Tell you when they are about to do a wee or a poo before they do it.
- Hold on for a short time so that they can get to the potty or toilet.

### Getting Started

Before starting to toilet train, it is important that everyone involved in your child's care uses the same approach to provide consistency. Have a chat with your child's key person and discuss the matter so they can look for signs that your child is ready at nursery too. If you can, try and involve your child in choosing a potty. Leave it in the bathroom so your toddler can see it and try to use the potty in to your child's routine perhaps before bath time or nappy changing time. When your child uses the potty make sure you use lots of praise showing your excitement and approval. Gradually increase the visits to the potty as they show more interest or begin to use it on a regular basis.

Accidents will happen. Do not get cross, simply clean up and tell them where they should go to the toilet and that they must ask if they need to go. Do not expect your child to wipe their own bottom; most children need help with this for some time.





### Introducing pants

At some stage you will make the decision to abandon nappies/pull ups during awake periods and introduce pants. There will be a risk of soiled/wet clothes but if everything goes well there may be fewer than you think. Tell your child in advance that you think they're ready to wear pants and involve them in choosing the ones they want to wear. Give your child clothes that can be pulled up and down easily. It is important when making the decision to put your child in pants not to take a step back and put them back into a nappy, as this can become confusing.



### Top Tips

- Give lots of praise when your child uses the potty/toilet.
- Try to make the potty an enjoyable experience for your child.
- Dress your child in trousers or leggings that are easy to pull up preferably with an elasticated waist.
- Do your best to encourage them even if they have an accident, just say cheerfully "never mind we can try again next time shall we put you some clean pants on?"
- Boys can take longer to learn, especially as they have to learn to wee standing up as well. Most boys learn to go sitting down first but encourage whichever they prefer.





### Toilet training at nursery

Your child's key person will offer advice and support to both you and your child when you decide to begin toilet training. Each of the Day Nursery rooms has access to a bathroom which has child size sinks and toilets as well as several potties. The practitioners will remind your child around every 20-30 minutes to begin with about using the bathroom and as their confidence grows this time will be extended to help develop bladder control. Children do have accidents and this is something we expect to happen during toilet training. Please provide several changes of t-shirts, trousers, pants and socks just in case of any little accidents. If you would like to use a reward system to encourage your child when toilet training, please mention this to a practitioner and we will continue this here.

**POTTY  
TRAINING  
IS A  
DEVELOPMENTAL  
PROCESS,  
NOT A RACE!**

*-deedee & dooley*

Toilet Training is an exciting time for both you and your child but it can also be a little challenging. If you do have any questions, please do not hesitate to speak to Miss Mugridge (Day Nursery Manager) or a practitioner in Day Nursery.

