

How we will support you at nursery

- We will follow the same routine as at home
- Encourage and prompt children to go to the toilet.
- Staff accompany children to toilet.
- Take children and put them on the toilet
- In case of accidents staff discretely change children's clothes.
- Promote good hygiene and children to be Independent E.g. put own clothes on.
- Use sign language and have prompt signs in the toilets.
- Give lots of praise.

Please provide nursery with several changes of clothes during the toilet training process

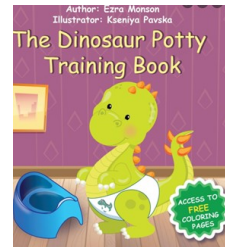


Useful tips

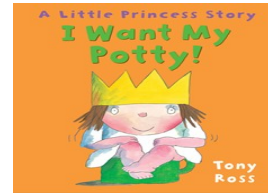
- Rewards can be a good incentive– but make them small and instant, like a sticker. Reward achievable tasks like sitting on the potty/toilet rather than staying clean and dry, which they might not manage at first.
- Keep a bag of toys ready to play with while they are on the potty/toilet so they remain happy to sit for 2 or 3 minutes.

Need more advice?

If you need more help, or if you have concerns about your child's talking please talk to your child's health visitor or your child's early years setting



Useful Resources



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Strong Close Nursery School

A Parent/Carer guide to toilet training



How do you know when to start?

Every child is different but generally children can be ready for toilet training from 18 –24 months. They need to be physically ready and mature enough to follow instructions.

Firstly choose the right time, not only for your child but for you too. By remaining calm and patient, you can help your child to get to grips with this new skill as quickly as possible.

If your child is beginning to show some signs of awareness of when they have a wet or soiled nappy, this may be a good opportunity to get them ready for toilet training.

When to start

Bladder and Bowel Control—Children develop bladder and bowel control at different stages. For toilet training to be successful children's bladders have to be sufficiently mature. This means that they can hold urine for a period of time, at least an hour before releasing it completely.

You can check this by seeing how long your child's nappy remains dry after changing it.

Signalling delay- Unlike adults, Children's bladders send out EMPTY ME signals very late. Adults bladders do this from half full, giving us plenty of notice. Children's bladders are nearly full when the signals are sent out and this is one of the reasons why children may have accidents.

Stage not age— It is a good idea to start toilet training once children have gained bladder maturation and also awareness that they are passing urine or stool.

Children who stay in nappies for several months after showing awareness and bladder maturation may become used to wetting and soiling in them and then they lose the motivation to become clean and dry.

The key to successful toilet training is to start as early as possible. Stay relaxed and accept mistakes.

Signs to look out for— Look out for signs such as fidgeting, going somewhere quiet and hiding, these can be indications that your child is about to go to the toilet and can be cues that your child may be ready to start toilet training.

Getting Going-

When you are ready to start toilet training choose a time when you can be at home and calm and relaxed. If you have a few busy weeks ahead, it might be worth waiting until you can give toilet training your full attention.

Talking about toilet training with your little one is a good way to reassure them. Read some picture books together, there are lots on toilet training available.

Introduce your child to a potty/toilet. Explain what it is for and get them to sit on it, so that they can get used to it.



Go shopping together to buy a potty and lots of underwear. Agree the location of the potty with your child but remember it's close to hand as the time of needing and going is short. Model to your child, how to sit on the potty/toilet.

Goodbye nappies, hello pants

Pull ups— It is not recommended to use pull ups while potty training as this may lead your child to confusion. Pull ups are like a nappies, if it gets wet or soiled your child will not be able to feel the difference. Whereas with underpants they can feel the difference.

Ready, Steady, Go When your ready to start going, start the day off by encouraging your little one to sit on the toilet/potty before or after breakfast.

Build up a routine. Simply say 'its toilet time' every couple of hours. Encourage your child to go to the toilet after each meal. Even if they don't do anything it's a good way to encourage a bowel movement.

Give your child lots of praise as you go through toilet training together. Your child needs lots of gentle encouragement and praise, as well as regular reminders during the day.



Its important to wait until your child is dry during the day before night time toilet training. Remember that night time bladder control may take quite a bit longer to achieve, so be patient and wait until your child is reliably dry during the day.

Promoting independence-

Encourage your child to pull their pants up and down by themselves. Joggers and leggings are much easy to put on.

Encourage your child to sit on potty or climb on to the toilet seat by themselves.

Encourage your child to wipe their bottom and wash their hands even if their hands are clean.

Accidents-Don't worry if there are accidents, as children need to learn the signals associated with a full bladder. When accidents occur stay calm and