

Thrive's Guide to..... The Toilet Training Phase

Thrive Childcare and Education recognise the important part that nursery can play in helping children achieve successful toilet training. We also understand toilet training can create feelings of stress, anxiety and worry for both parents and children and so we advocate that children must be emotionally as well as physically ready for toilet training.

We will work in partnership with parents to ensure that we meet children's individual needs throughout the toileting process. Children learn to toilet train at different ages this is usually between 2-3 years. However, some children will achieve this earlier or later depending on what is appropriate for them.

Toilet training can take a varying amount of time depending on the individual, which can be anything from one or two weeks to several months.



Signs you child might be ready for potty/toilet training include:

- Knowing and communicating when they are wet or soiled
- Telling you in advance that they need to have a wee or poo, either with or without a nappy/pull up on. This may also consist of non-verbal communication such as pointing to their nappy
- Your child's nappy may stay dry for a reasonable length of time
- Your child may begin to show an interest in the toilet or potty
- Children may show a desire to undress themselves or at least pull their pants/nappies down or off.

Our Potty and Toilet Training Procedure explains our approach to supporting families during this process and we have written this guide to help our parents who believe their children are ready to begin this process at home and nursery.

Strategies to consider:

- Go together to buy your child's pants/underwear so they can be involved in the planning phases
- Have clothes that are easy for children to independently pull up and down
- Encourage your child to wear pants around the house so that they get used to how they feel
- Have a potty around the house, you can try practice sitting on it at different parts of the day such as first thing in a morning and before bedtime
- Role-playing putting a teddy/toy on the potty/toilet pretending that they have used it successfully. Showing the whole process of flushing will allow the children to understand about using the potty and what it is used for
- Visit the library or ask one of our colleagues if you can borrow books around using the potty/toilet (see suggested books list below)
- Working closely with the practitioners at nursery during this process will result in less pressure and stress for both parents and children. There should be a conversation between parents and practitioners regarding the language used at home. For Example, "Wee or Poo" this will ensure the same language is used within the setting, so the child does not become confused
- It is very important whilst toilet training to implement a routine for your child. During the early stages of potty training ask your child at regular intervals. At first this may be every 60 minutes as your child becomes used to using the potty, they will stay dryer for longer and this will gradually increase to every 2 or 3 hours
- When your child sits on the potty use praise and encouragement to support their confidence in using it again
- Plan any trips to try and prevent accidents by making sure your child can easily reach the potty/toilet whilst out and about. Ask or remind your child to go to the toilet before going on outings or during long periods of play.
- Toilet training is a learning process when your child accidentally wets or soils, stay calm and clean up the mess. Children should never be reprimanded for not reaching the potty/toilet in time

Suggested books you may like to share with your child at the beginning of the toilet training process:

- Pirate Pete's Potty
- Even Fire fighters go to the Potty
- Superhero Potty time
- Prince of the potty
- It is Potty time

Supporting documents and reading:

- Potty and Toilet Training procedure
- www.babycentre.co.uk/potty-training
- www.nct.org.uk/parenting/potty-training
- www.netmums.com/preschooler/potty-training

