



Toilet Training Policy

Aim:

To support children's health, wellbeing and development by promoting effective potty training at an appropriate time.

Objectives:

- Child's individual needs are identified and met.
- Potty training is a positive experience; family and child feel supported throughout.
- Provider supplies families with information and signposts to sources of further information about bladder and bowel health and potty training such as ERIC website - www.eric.org.uk and ERIC's Helpline (0845 370 8008).
- Communication between the provider and family is promoted before, during and after potty training. Toileting will also be discussed as part of our Key Worker meetings and Two Year checks.

Actions:

The first stage of potty training is to recognise when the child is ready. It is essential that the child is:

- Pooing at least one soft poo a day
- Staying dry for at least an hour and a half between wees

Other signs to look out for are:

- Showing interest in the toilet
- They can follow simple instructions
- Able to sit themselves on the potty and get up again
- Starting to show signs of awareness of when they have done a wee or a poo.
- Showing awareness that other family members and peers don't wear nappies, and that they use the toilet.



Children with SEND will be supported through the toilet training process at whatever age they are ready to start. We will learn a child's signs (if relevant) and provide them with visual reminders if these are considered helpful by parents and used at home.

Delivery:

Smarden Nursery school has child sized toilets and potties available for children to use. Children are given as much as time as they need and we are sensitive to children's individual needs and have a range of resources to support them including books, role play resources and songs. We also teach children how to wash and dry their hands independently.

Optimum timing for toileting is observed -

- Toilet visits planned for 20-30 minutes after meals (the most likely time for a child to poo)
- A suitable interval is left between regular prompts to wee.
- Fluid intake is optimised.
- Parents or carers need to provide at least 2 sets of spare clothes including socks during toilet training. The clothing should be very easy for the child to pull up and down independently. If age appropriate, the child's key person will support the child to change themselves. We will change children straight away after a toileting accident.
- We will work with families to ensure a consistent transition from nappies or pull ups to pants in one step to avoid confusing the child with a mixture of nappies/pull-ups/pants. N.B. The child will still need a nappy for naps initially.
- Provider will support family by sharing information regarding products to support transition such as washable, absorbent car seat protector/washable, absorbent pants/children's disposable pads and/or advise about putting nappy over pants for travelling, so if the child wees they are aware of the sensation of feeling wet.



- Early years staff to maintain calm, supportive approach at all times; children should not be rushed or forced to use the potty against their will. 'Accidents' are to be expected - children learn to recognise the sensation of needing a wee/poo by wetting/soiling.
- All staff and family to ensure child is regularly encouraged and praised. N.B. aim to recognise achievable goals such as sitting on the potty when asked to do so. Keeping pants dry may be an unachievable goal initially.
- Regular updates to be shared with parents with the expectation that they will share information about progress at home. Potty training is a joint effort!

Further information:

[How to potty train - NHS \(www.nhs.uk\)](http://www.nhs.uk)

For families with disabled children:

<https://contact.org.uk/help-for-families/information-advice-services/health-medical-information/common-concerns/potty-and-toilet-training/>

This policy was adopted on	Signed on behalf of the nursery	Date disseminated to staff	Date for review