

## **PSA Toilet Training Policy**

At PSA we understand that the transition from using nappies to learning to use the toilet is an important stage of development for all children. It is our policy to give support and praise to every child learning to use the toilet and to give advice to their families during this time.

Key workers will begin to have conversations with parents when children are around two years of age or sometimes earlier if they show signs of being ready. Practitioners are aware that a child's understanding of using the toilet, as well as their physical readiness increases significantly between the ages of two and three and this is the optimum time to start toilet training.

If a child is just starting to show an interest in going to the toilet and staff and parents agree that they are not yet ready for full toilet training, staff will encourage them to spend some time sitting on the toilet or potty after each nappy change and give praise when they do so. This builds up a child's confidence to use the potty/toilet without it being a chore or something to be worried about.

If a child is showing good signs of being ready to fully toilet train staff and parents can decide to move onto the next step. Signs of being ready to start using the potty or toilet can be things like 'physical signs of readiness' e.g. dry periods during the day or waking up with a dry nappy, 'behavioural signs of readiness' e.g. enjoying praise when going to the toilet, demonstrating a desire for independence and showing discomfort when their nappy is wet or soiled and 'cognitive signs of readiness' e.g. Can understand and follow simple instructions and requests, such as "Do you need a wee?" or "Where's the potty/toilet?", shows awareness that they are going to the toilet or may tell adults when they need to go to the toilet. If some or all of these signs are present staff will then ask parents to bring their child in to nursery in pants or knickers.

Please start your child's potty/toilet training at home for two weeks and then we can follow this through at nursery.

At PSA we do not use pull-ups as we feel that this can confuse some children during the potty training process. We ask that parents bring in at least 5 spare pairs of clothes (including tops, bottoms and underwear) and a one spare pair of shoes, as when children have accidents they can often need changing entirely. If children go through all of their own spare sets of clothes we will use nursery spares where we can.

Staff will regularly take children to the toilet or potty throughout the day and encourage them to ask to go as well as giving lots of praise. Nursery practitioners will initially do this for two weeks whilst discussing with parents throughout about how their child is progressing. Sometimes, after these two weeks, practitioners may feel that a child is not ready for toilet training at this time and in these cases we will discuss with parents about having a break and returning to it in one month's time.

Good hygiene practices are always followed at the nursery and the children are shown how to use the toilet and how to wash their hands each time they have used the toilet. The

importance for good personal hygiene is also discussed with the children at this point to encourage the children to recognise the importance of self-care. 'Accidents' will be dealt with calmly, sympathetically and in a way which does not make the child feel they have done anything wrong.

Staff will ensure that lots of constructive feedback is given to parents throughout the toilet training process and it is important for every child to have continuity during this time. This means that staff will work with parents to ensure everything done at home is followed through at nursery and vice versa.

**Things to bring in to nursery every day while your child is toilet training:**

**At least;**

- 5x pants or knickers
- 5x tops/dresses
- 5x loose fitting bottoms
- 5x socks/tights
- One spare pair of shoes
- **NO PULL-UPS USED AT NURSERY**
- **NO BELTS, DUNGAREES OR TIGHT FITTING CLOTHES**
- **PLEASE TRY TO AVOID LAYERING CLOTHES** (e.g. tights with leggings/trousers)

If parents have any questions about starting toilet training they can speak to their child's key worker, the room senior or a member of the management team.