

Toilet training

Children are individuals and develop at their own pace. Some children will control their bladder and bowels sooner than others but this can only happen when they are physically ready, which includes the development of their nervous system in order to send messages to and from their brain.

Because of this, it is best not to compare your child with other children of the same age.

We ask that you try potty/training at home for **one week** at home and then we can follow through at nursery.

Top tips for identifying if your child is ready:

- They are beginning to know when they have a wet or soiled nappy and may tell you what they have done
- They have longer periods of dryness. You can begin to prepare children for toilet training by having a potty around the house and letting them see others using the toilet. Explain to them in terms they understand. You could also share story books about using the toilet. The following stories are available:
 - Pirate Pete's Potty: A Ladybird potty training book by Andrea Pinnington
 - Princess Polly's Potty: A Ladybird potty training book by Andrea Pinnington
 - I Want My Potty! (Little Princess) by Tony Ross.

At PSA we do not use Pull Up's as we feel this confuses your child.

Encourage your child to use the potty or toilet but if they are upset or seem to be having regular accidents, do not be afraid to stop and try again a bit later. Try not to make a fuss if they do have an accident, as this may make them feel worried and make the process more stressful.

Praising your child for using the potty or toilet or offering stickers or rewards may encourage them to use it if they are ready but remember, your child may not be physically ready so this may not always work. If your child attends nursery you should talk to their key person about preparing your child for using the potty or toilet.

Together you should work out a plan to ensure that you are both using consistent approaches and language. In a busy nursery your child may 'forget' to go so you could agree that the key person reminds (every 20minutes) your child more regularly. Remember to take lots of spare clothes to begin with, including shoes and socks (no belts, dungarees or tight-fitting clothes/Please try to avoid layer clothes e.g. tights with leggings. During this time, you may find it useful to send your child to nursery in shoes that can be rinsed or washed easily.

Share what you are doing at home, e.g. any rewards or star charts so the nursery can contribute as well. Having regular conversations about your child's progress together will support you in ensuring that it is the right time and your child is ready. If you are worried

about your child, talk to your GP or health visitor to get some guidance. Some children that may have illnesses, Special Educational Needs or Disabilities may find it more difficult to learn functions such as toilet training. You and your child may be referred to a clinic for expert help. You can also contact Education and Resources for Improving Childhood Continence (ERIC) for information.

This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>October 2025</i>	Management team	<i>October 2026</i>