



## **Toilet Training Policy & Procedure**

Potty/Toilet training is a very important milestone for each and every child.

The child requires reassurance and guidance at every step to make sure that they are fully supported and encouraged during this stage of their development. It is equally important that we ensure effective partnership and communication with parents in order to give the child continuity between their home and playschool.

We ask that parents let us know as soon as they start to think about potty training in order to maintain consistency.

Potty training is a shared job and it is important that your child gets the same messages at home and at nursery.

Communication is the key:

Make sure that the nursery staff knows what you are doing at home and vice versa.

Parents are asked to provide plenty of changes of clothes. This is very important because accidents do happen and your child shouldn't feel bad that they have to wear somebody else's clothes. At this age they prefer things that belong to them and it frustrates them if they have to wear something that they do not want.

### **Signs of potty training readiness**

- Your child is over 18 months of age. Research shows that children cannot voluntarily use the muscles that control their bladder and rectum until they are at least 18 months old.

- Your child's nappy is frequently dry when you get him up from a lunch time nap. A dry nappy a couple of hours after his last nappy change would also be an indicator that he is getting some bladder control.

- Your child is aware when making a wee or poo. This occurs approximately between 18- 24 months, or later in some cases.

- He can tell you in advance that he will be urinating.

- He becomes uncomfortable and complains about dirty nappies.

- Your child can understand and follow simple instructions such as sit down, stay there.

- Your child can take off his own clothes and needs minimal help with it.

- Your child has the ability to sit still for a couple of minutes.

- Your child is developed physically, able to walk and sit down on the toilet without help.

- He knows what "wee" and "poo" are. You should talk about it when changing nappies. Your child doesn't have to show all the above signs, but the more there are, the more successful your mission will be. You have to consider your child's gender as well. Research shows that boys tend to be a little slower to gain control of their bladders and bowels than girls.

The reasons are:

- Boys' nervous systems mature later

- Women still tend to be the main caregivers of children, so boys do not see same-sex role models as often as girls do.

- Boys tend to be less sensitive to the feeling of wetness against their skin. If the child has most of these skills, then they are probably ready to start toilet training. If they do not have these most of skills or have a negative reaction to toilet training, wait a few weeks or months until most of the skills are checked off.

Starting too soon can actually delay the process and cause tears and frustration.  
**Toilet training is much easier when the child is ready.**

### **Potty Training at Nursery**

**The following procedure will be followed:**

- Senior staff will ensure that ALL staff in the team are fully aware of the child's stage of potty/toilet training.
- Parents' wishes must be taken into account at every stage and this must be communicated to the team.
- ALL children at the potty/toilet training stage must be accompanied to the toilets area and supervised and supported whilst in there.
- Reassurance and praise should be given at every step.
- Potties require immediate emptying and cleaned with an anti-bacterial spray.
- Children should then be advised and supported to wash their hands with soap and water and dried thoroughly.
- All visits to the potty will be discussed at handover with parents who will be informed of their child's progress on that day
- If any child is struggling with standard potty training techniques, then this will be discussed with the senior team and between staff and the child's parents.
- Team members must be 17 or over and DBS Cleared to perform toileting duties
- Ensure the toilet is clean before use and toilet paper in well stocked.
- If helping a child with toileting, put on specific disposable apron used for toileting and gloves to both hands.
- Encourage the child to remove necessary clothing and to sit on the toilet themselves, if age appropriate.

- For a boy learning to wee in a toilet standing up, the staff member should never hold the penis. If for example the child was stood too far away to hit the target a more appropriate method of help would be to gently push the child's pelvis from behind.
- If age appropriate a child should be encouraged to clean their own bottom (most children of toileting age are able to clean themselves after a wee), however if help is required (e.g. some children will need help after a poo), clean the child's bottom using baby wipes, cotton wool or toilet paper, taking care to wipe from front to the back area and taking special care of folds in the skin. In the event of a child requiring assistance, care should be given to respect the child's right to refuse help.
- Should a child have a toileting accident, they will automatically be offered assistance or be changed by a member of staff. This will happen regardless of age, unless the parent has requested their child deals with such incidents personally.
- Encourage the child to replace their own clothes and flush the toilet, if age appropriate.
- Ensure the child washes their hands thoroughly with soap and warm water and let the child return to the room.

Children, whose parents and keyworker have agreed to start potty training, will be prompted to sit on the potty every 20 to 30 minutes throughout the day. At least 3 extra pairs of underwear and ample changes of clothing will be needed to support your child's potty training at nursery.

Once a child is in pants we feel it is confusing and counter-productive to put him or her in nappies except for nap and overnight (as children's bodies may not be mature enough to wake up for the need to use the toilets).

