

## Potty and toilet training

This policy was adopted	Signed on behalf of the nursery	Date for review
September 2024	J Morris	September 2025

Our aim is to support children's health, wellbeing and development by promoting effective potty training at an appropriate time.

Our objectives are:

- Child's individual needs are identified and met,
- Families cultural preferences are considered,
- Promote a positive experience, family and child supported throughout,
- To have a clear plan on when and how to start toilet training,
- Provide clear communication with our expectations around consistency and starting toilet/potty training,
- Provide communication between the nursery and the family before, during and after initial toilet/potty training.

Actions in preparation to support a child with their toilet training:

- Once we are aware parents/carers are considering potty/toilet training, this policy will be shared with parents/carers, to start discussions on how best to support their child, at home and in nursery,
- We will arrange an initial discussion to include child's understanding of bladder and bowel movements, their readiness for toilet potty/toilet training,
- It will be expected that children start potty/toilet training at home for at least one week before coming into nursery in pants and successful throughout a majority of the day,
- If you do not wish to take your child out of nursery for at least one week, we would expect you to provide pull ups to allow us to support your child while they are still unaware of what is expected,
- If you choose to use pull ups while training, we can support children's potty/toilet training in the same way as if they were in pants, without the accidents,
- Discuss your child's intake of fluids, frequency of bladder and bowel movements,
- Reach an agreement as to when we all feel the child is ready to start potty/toilet training,
- We will explain why it is helpful to have the same approach is taken at home as well as in nursery, including the use of the same words and prompts.

Potty/toilet training can be a very daunting process for families, the nursery team will support families by discussing these expectations prior to children arriving in pants. As you can appreciate, we have multiple children to support with toilet training and the health and safety risk of accidents are required to be minimised, especially with other children often playing alongside on the floor.

Actions are required **before** a child can come into nursery in pants for their first time.

### Assessment for readiness:

The first stage is to recognise when a child is ready, it is essential that children are

- Opening their bowels with at least one soft stool a day,
- Staying dry for at least an hour and a half (1 ½ hours) between urination,
- Showing an interest in the potty/toilet,
- They can follow simple instructions,
- Able to sit themselves on the potty/toilet and get up again,
- Starting to show signs of awareness of when they need to urinate or pass stools,

- Showing awareness that other family members and peers don't wear nappies and that they use the toilet.

Please note, children with additional needs may not always show reliable signs of awareness. Children will be supported at a mutually agreed time with parents, taking in account their child's needs and understanding.

#### **Delivery of potty/toilet training:**

- We will provide suitable facilities – at least one potty and toilet with foot stool is available for children to use,
- Boys will initially be guided to sit to urinate,
  - During early stages of potty/toilet training children cannot differentiate between the need to urinate or pass stools, if children hold on to their stools, they can soon become constipated and then become worried about toileting,
  - The correct mechanism of urination is triggered by relaxation – it is much easier to relax when seated,
  - It will be easier for boys to fully empty their bladder when seated,
  - It is more hygienic as boys are less likely to urinate on the floor/over the toilet when seated
- Optimum timing for potty/toilet training is observed,
  - Toilet visits plan for 20-30 minutes after each meal – the most likely time for children to pass stools,
  - Suitable interval left between prompts to urinate – the bladder needs to be full to be able to empty correctly.
- Fluid intake is optimised – a minimum of 6 to 8 cups of clear fluids a day, spread evenly across the day, sugary drinks should be minimised, in nursery water is offered all day and milk is offered during morning and afternoon snack,
- A discussion around suitable clothing is required, the family are to provide clothing that is easy for the child to independently pull down and back up. Additional clothing to include, pants, trousers/leggings, socks, and shoes will be required,
- We will work with parents/carers to ensure a consistent transition from nappies to pants in one step to avoid confusing the child with a mixture of nappies/pull ups/pants. A child will still be required to wear a nappy at sleep times in nursery,
- The team will maintain a calm, supportive approach at all times, children should not be rushed or forced to use the potty/toilet against their will. 'Accidents' are to be expected; however, the team will assess the child's readiness with parents prior to starting potty/toileting to minimise accidents. Children will learn to recognise the sensation of needing to urinate and pass stools by wetting and soiling themselves,
- The team, with parents and carers are to ensure that children are regularly encouraged and praised, the aim is for children to recognise achievable goals such as sitting on the potty/toilet when asked to do so.

#### **Communication:**

- We will ensure all staff are aware of each child's current stage of potty/toilet training to confirm a consistent approach,
- We will provide a record of potty/toilet training visits as well as wetting/soiling incidents on EyLog to monitor children's progress and readiness,
- Regular updates will be shared with parents/carers with the expectation that they will share the information about progress at home too as it will be a join effort.

#### **Trouble shooting:**

- The team are to be alerted for signs of possible constipation, incidence is raised during potty/toilet training as some children find passing stools into a potty/toilet frightening, this is

quite normal. There is an app 'Poo goes home' which can help children understand what is happening,

- If toilet avoidance is observed information will need to be shared between the parents/carers and the team in nursery,
- If a child does not appear to be making progress, or regresses, the team will speak to parents/carers and look again at the child's bowel habit and fluid intake – consideration may be needed to be given to abandoning the process at this stage, allowing time to improve bladder and bowels health and to better prepare the child, starting again after a suitable interval,
- If there are any ongoing bladder/bowels issues, it may be recommended that the parents/carer contact their Health Visitor or GP.

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