



Toilet Training

When considering if it is the right time to toilet train your child it is important to look out for some key signs. Each child develops differently and looking out for these signs is more helpful than comparing them against other children or basing the decision purely on their age. It is important that your child is physically capable of controlling their bladder and bowels and is keen to feel clean and dry. They will need to be able to understand and respond to basic simple instructions. The following signs are important to look out for.

- You notice your child's nappies are dry for longer spells, usually between 1-2 hours.
- They may tell you they are doing a wee or demonstrate another non-verbal sign.
- They understand they have a dirty or wet nappy and possibly will ask for it to be changed.
- You might notice visible signs your child is going to the toilet. They might go to a specific place or fidget.
- They might tell you they need a wee.
- Your child might show interest in the toilet or potty. They might even show interest in watching you use the toilet. If this is the case encourage their interest and talk them through the process.

Before commencing toilet training it is beneficial to introduce the potty or toilet to your child and give them opportunities to use them. It is a good idea to introduce the idea of toilet training through play. This can be achieved through introducing a play potty to doll role play. Additionally, there are a range of books which are useful, "Pirate Pete's Potty", "Princess Polly's Potty" and "Everybody poos" are fabulous options. We have some books that can be borrowed from nursery, please speak with your child's key person to arrange this.

A few helpful tips:

- Remind your child frequently to use the toilet/potty. But for them to develop control lengthen out the gaps in reminders each day.
- Start the toilet training process on a week when you do not have many plans and you can stay around home.
- Dress your child in outfits that are easily and quickly pulled up and down.

- Accidents will undoubtedly happen. Remain patient and calm, reassuring your child. Children can be put off using the potty/toilet if they sense parents/carers are feeling stressed or anxious about the process.
- Using sticker charts or another reward-based system your child is familiar with.
- This is a good time to teach little girls about the importance of wiping front to back and all children the importance of good hand hygiene.