



Being prepared for Toilet Training Advice and Guidance 2021



Toilet Training at Munns Farm Day Nursery

When to start training:

Start toilet training when your child is ready to start but it is generally between 18-24 months. As all children develop at their own pace, it is best not to compare your child with children of the same age.



How can I tell when my child is ready?

- Have dry-nappy periods of two to three hours (a sign that they are developing strong enough bladder muscles).
- Can indicate when a bowel movement is taking place by grunting, squatting or telling you about it.
- Can follow simple instructions, such as 'Give me the toy'.
- Can pull their pants up and down.
- Can point to different parts of their body when you name them.
- They have the ability to sit still and occupy/concentrate for 5-10 minutes with a toy, book or watching a video.
- They tend to have regular, soft, formed bowel movements.
- Are showing an interest in the process of going to the toilet (maybe they follow you into the toilet and want to flush it).
- Have words for urine and stools.
- They know when they've got a wet or dirty nappy.
- Are showing a desire for independence.
- They get to know when they're passing urine and may tell you they're doing it.
- The gap between wetting is at least an hour (if it's less, potty training may fail and at the very least will be extremely hard work for you).
- They know when they need to pee and may say so in advance.

Toilet Training is best avoided:

- If a new baby has arrived within the last couple of months or one is due within a couple of months.
- If you have moved or are about to move house.
- If your child is recovering from an illness.
- If there has been a change in childcare circumstances.
- Where elder or younger siblings are having sleeping difficulties or behavioural problems.
- At times where lots of social activities are planned e.g. birthdays, holidays or Christmas.

Potty Problems and Toilet Training Tips

Bear in mind the following:

- Most children can control their bowels before their bladder.
- By the age of two, some children will be dry during the day, but this is still quite early.
- By the age of three, 9 out of 10 children are dry most days. Even then, all children have the odd accident, especially when they're excited, upset or absorbed in something else.
- By the age of four, most children are reliably dry.

It usually takes a little longer to learn to stay dry throughout the night. Although most children learn this between the ages of three and five, it is estimated that a quarter of three-year olds and one in six five-year olds wet the bed.

Potty Training with a Disabled Child

Some children with illnesses or disabilities find it more difficult to learn functions such as sleeping through the night or using a toilet. This could be linked to their medical condition or disability, and can be challenging for them and for you.

Top Tips for Toilet Training



- Have the right equipment. Two potties would be easiest – one for upstairs and one for downstairs.
- During the first day, keep visits from unexpected callers as brief as possible and try to avoid using the phone.
- Make sitting on the potty fun. Sing songs or read special books that are only read at 'potty time'.
- Share story books about using the toilet ("*Pirate Pete's Potty*" by Andrea Pinnington or "*I Want My Potty!*" by Tony Ross).
- Stay positive - give lots of praise whenever your child uses the potty or toilet successfully.
- Accept that there will be accidents, and try not to be angry with your child when they are.
- Dress your child in clothes that are easy for them to manage, such as garments with loose elastic and no buttons.
- Dress your toddler in pants at all times during the day and only use nappies for sleep times only.
- Do not be tempted to put your child back in nappies if you go out. It is much too confusing for the child.
- When boys start using the toilet, float a few bits of confetti or cornflakes on the water for them to use as 'target practice'.
- Some children are frightened of falling down the toilet, or of it flushing. If so use a potty for longer. It won't do the child any harm - and flush when they're not in the room.

NB:

When toilet training, please remember to:

- Inform the **Room Head/Key Worker** so you are both consistent in the approach and language being used.
- Please bring in at least **4 pairs of spare trousers**, at least **10 pairs of pants**, at least **4 vests** (if being worn) and at least **4 pairs of socks or tights**. (Sometimes children get very upset if they've had an accident and find it equally distressing if they have to wear Munns Farm Day Nursery spare clothes).
- Please make sure the spare clothes are **clearly labelled** with your child's first name and surname, so they can be returned to you. If your child does need to borrow our clothes, please can you make sure they are **freshly laundered** and **ironed** before returning them to the Nursery. This will enable another child to loan them straightaway.

Finally, if you are worried about your child, seek guidance from your GP or health visitor.

For useful Information/Advice:

www.nhs.uk/conditions/pregnancy-and-baby/pages/potty-training-tips.aspx

www.nct.org.uk/parenting/potty-training

"*Pirate Pete's Potty*" by Andrea Pinnington

"*Princess Polly's Potty*" by Andrea Pinnington

"*I Want My Potty!*" by Tony Ross