

# Toilet Training



It is unusual for a child to be ready to be toilet trained much before their second birthday and for some children it can be a lot later. Please do not be concerned if your child shows no signs of being ready yet.

When your child starts to show signs that they are becoming aware of their bodily functions please arrange a convenient time to meet with your child's room leader to discuss your plans on toilet training your child.

When you are ready to start toilet training choose a time when you can be at home and things can be calm and relaxed. Starting toilet training during the summer months can help to minimise stress and frustration for both you and your child. There are fewer clothes for your child to take off and it's easier to dry clothes when your child has the inevitable accidents.

Consistency is vital so it's a good idea to have a few quiet days at home in the early days of toilet training. Your child will become confused if you put them in a nappy for convenience, sending a mixed message to your child.

How to tell if your child is ready? The child:

- Follows simple directions
- Remains dry for at least 2 hours during the day
- Dry after nap time
- Regular and predictable bowel movements
- Walks to and from the bathroom, pulls down own pants and pulls them up again
- Seems uncomfortable with soiled or wet nappy
- Seems interested in the toilet
- Has asked to wear grown up underwear


If the child has most of these skills, then they are probably ready to start toilet training. If they do not have most of these skills or have a negative reaction to toilet training, wait a few weeks 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.



## Clothing

During toilet training your child needs to be dressed in ‘user friendly’ clothing as much as possible. The best items are shorts and pants with elastic waist. Please **DO NOT** dress your child in the following:

- Tight clothing
- Trousers with snaps & zippers
- Overalls or bib type clothing
- Belts
- One-piece outfits
- Pull ups



Feel free to ask for our toilet training story sack to take home and share with your child.

## Starting and Finishing

We recommend not to use pull ups as these always confuse the children. While training a few accidents is expected, should this persist on a daily basis then we would recommend they go back into nappies and try again at a later date.

## Toilet Training Techniques:

- A calm easy approach works best
- Encourage children to wipe from front to back
- Adults and children should wash hands properly after toileting
- Reassurance and praise should be given at every step
- Never force a child to sit on the toilet against their will or for long periods of time
- Never punish for accidents



## Girls versus Boys

Boys tend to be slower than girls in wanting to use a potty and also slower to get the hang of toilet-training. Whatever the sex, the process can take anything from a week to a few months to master, depending on the child.

Children who have been clean and dry may return to having ‘accidents’ for a variety of reasons. In this event the child will be cleaned by a member of staff and the parents informed. Support will be provided with the assistance of parents to help the child to return back to their normal toileting habits.

Remember to keep staff up to date with progress.