



Toilet Training Advice



A note from your special carer:

When to start potty training:

You can try to work out when your child is ready. There may be a number of signs that your child is starting to show awareness of bladder or bowl urges:

- They may know when they've got a wet or dirty nappy.
- They get to know when they're passing urine, and may tell you they're doing it.
- They know when they need to pee, and may say so in advance.

Sara Suggests:



"Never make a child feel they aren't successful, praise even if they have had an accident. It is highly important to praise all efforts, these positive reinforcements will help to aid your child's personal, social and emotional needs. This will help your child's confidence on the path of successful toileting."

How to start potty training:

- Leave a potty where your child can see it and can get to know what it's for. If you've got an older child, your younger child may see them using it, which will be a great help. It helps to let your child see you using the toilet and explain what you're doing.
- If your child regularly has a bowel movement at the same time each day, leave their nappy off and encourage the use of the potty. If your child is even the slightest bit upset by the idea, just put the nappy back on and leave it a few more weeks before trying again.
- As soon as you see that your child knows when they're going to pee, encourage them to use their potty. If your child slips up, just mop it up and wait for next time. It takes a while to get the hang of it. If you don't make a fuss when they have an accident then they won't feel anxious and worried and are more likely to be successful the next time.
- There's nothing worse than seeing a child getting frustrated that they cannot quickly and easily undo buttons and zips. We strongly advise you dress your child in easy to manoeuvre clothing, i.e. tuck suit bottoms, leggings even pyjama bottoms. Yes pyjama bottoms are perfect! Remember we don't wear our 'Sunday best' at nursery.

Children with Special Educational or health needs: Some children with illnesses or disabilities may find it a little more difficult to learn functions such as sleeping through the night or using a toilet. This might be linked to their medical condition or disability, and it can be challenging for them and for you. Just remember every child will do this at their own pace. If your child requires some additional support speak to our special carers and we will discuss specific strategies with you

