



N GUIDE TO:

Potty and toilet training

Learning how to use the potty or toilet independently is a big developmental milestone for your child, which requires them to learn lots of new and complex skills. This should be a positive learning experience, and research shows that adopting a gradual and gentle approach from a young age is the most effective way to help children succeed in becoming independent when using the toilet.

When to start potty or toilet training

Before your child can start training, they need to be given lots of opportunities for practice, repetition, and learning. It is important to think about potty or toilet training in the same way we support children to develop other new skills. It should be introduced in a gradual way that allows them lots of time to practice.

Every child is different and develops at different rates. However, the majority of children will be capable of starting their toilet training journey between 18 and 30 months. Research shows it is better for your child's bladder and bowel health to stop using nappies between these ages.

Potty practice and learning

There are lots of different skills your child needs to learn to become potty or toilet trained, and it makes sense to do some preparation and practice together before they stop wearing nappies.

Play can be a helpful tool in teaching and motivating your child. You can use stories, dolls, and toys to explain to your child what they need to do and teach them how to do it.

For example:

- Have a favourite doll or toy pretend to use the potty
- Use books and pictures to show how things work
- Help your child add some stickers to their potty to make it their own

Getting started

Try to adopt a calm and relaxed approach to potty learning and training. It is important that you do not put pressure on your child. That is why lots of practice and repetition of just sitting on the potty is essential before you start to remove nappies. When you decide it is time to remove your child's nappy, it is good to consider the following:

- Make sure it's a good time for you as well as your child. Avoid doing it at a time when there are any big changes or disruptions to your child's or family's routine.
- When you are ready, tell your child it is time to stop using nappies. You may want to take them on a special shopping trip for them to choose their own underwear.
- Make sure your child is drinking enough during the day. Aim for 6-8 cups a day.
- Dress your child in clothes that are easy for them to get on and off, so they can take the lead with using the potty or toilet.
- It takes time and practice before your child will master potty and toilet training. It is inevitable that along the way your child may have some accidents.
- It is important not to shame or punish your child about accidents, as stress and upset can make it harder for you and your child to learn together.
- Give your child plenty of encouragement and praise their efforts. When your child uses the potty or

manages to stay dry, even if it's just for a short time, tell them how pleased you are.

- Give your child the opportunity to do things for themselves as far as possible. This will help them to feel in control, positive, and relaxed about the process.
- Consider using waterproof bedding in case of accidents during the night.

Potty training at nursery

Our educators have lots of knowledge and experience in supporting children in their potty and toilet training journey. When you are thinking about stopping using nappies, plan this with your child's key person and arrange a date together so that everyone is aligned and ready to support them.