



### Early Years Toilet Training Policy

In a child's life toilet training is a very important milestone. During this process children should feel supported with guidance and reassurance to ensure that this stage of their development is a happy and successful one.

During this process children require continuity, so it is essential that school and parents work together. We ask that parents talk to staff when they are thinking about toilet training their child as toilet training is a shared job and communication is essential.

#### Signs children are ready for potty training.

- Research shows that children cannot voluntarily use the muscles that control their bladder and rectum until they are at least 18 months old.
- Children tell you in advance that they are urinating.
- When a child has a dirty nappy, they complain about being uncomfortable.
- Between 18-24 months children may be aware when having a wee or a poo.
- Children that know what "wee" and "poo" are. We should talk about it when changing nappies.
- A dry nappy a couple of hours after the last nappy change would also be an indicator that he/she is developing some bladder control.
- When a child awakes from a sleep and the nappy is frequently dry.
- Children who are developed physically, able to walk and sit down on the toilet without help.
- Children are able to listen and follow instructions.
- Children who need little support to take their clothes off.
- Children can sit for a couple of minutes.

**Children do not have to show all the above signs, but the more there are, the more successful the process will be. Research shows that boys tend to be a little slower to gain control of their bladders and bowels than girls, so the child's gender should also be considered.**

The reasons are:

- Boys' nervous systems mature later
- Boys tend to be less sensitive to the feeling of wetness against their skin.

Toilet training is much easier when the child is ready. If the child has most of these skills, 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 or months until most of the skills are checked off. Starting too soon can actually delay the process and cause tears and frustration.

#### Toilet Training-The following procedure will be followed:

- ALL staff will be fully aware of the child's stage of toilet training and regularly updated by the Key person.
- Parents must communicate to the key person any special requirements. If your child has a particular name for the toilet or if they prefer a potty.
- ALL children must be accompanied to the bathroom and supervised and supported during the toilet training stage.
- Reassurance and praise should be given at every step.
- Potties require immediate emptying and must be cleaned with an anti-bacterial spray.
- Children should then be advised and supported to wash their hands with soap and water and dry them thoroughly.

- All visits to the toilet will be discussed at handover with parents or written down on the parents' information sheet.
- If any child is struggling with toilet-training techniques, this will be discussed with the Head of Early Years, between staff and the child's parents
- Team members must be 17 or over and DBS cleared to perform toileting duties
- Ensure the toilet is clean before use and toilet paper is well stocked.
- If helping a child with toileting, a specific disposable apron and gloves on both hands should be worn.
- Encourage the child to remove necessary clothing and to sit on the toilet themselves.
- For a boy learning to wee in a toilet standing up, the staff member should never hold the penis. If for example the child stands too far away, a more appropriate method of help would be to gently push the child's pelvis from behind.
- A child should be encouraged to clean their own bottom (most children of toileting age are able to clean themselves after a wee), however if help is required (e.g. some children will need help after a poo), clean the child's bottom taking care to wipe from front to the back area and taking special care of folds in the skin. In the event of a child requiring assistance, care should be given to respect the child's right to refuse help.
- Should a child have a toileting accident, they will automatically be offered assistance to change or be changed by a member of staff. This will happen regardless of age, unless the parent has requested their child deals with such incidents personally.
- Encourage the child to replace their own clothes and flush the toilet, if age appropriate.
- Ensure the child washes their hands thoroughly with soap and warm water, dry them and let the child return to the class room.
- Children, whose parents and keyworker have agreed to start potty training, will be prompted to sit on the potty every 20 to 30 minutes throughout the day.
- At least 3 extra pairs of underwear and ample changes of clothing will be needed to support your child's potty training.
- Once a child is in pants we feel it is confusing and counter-productive to put him or her in nappies or pull up nappies except for nap and overnight (as children's bodies may not be mature enough to wake up for the need to use the bathroom).