

Toilet Training

When should I toilet train my child?

There is no specific age as this depends on when your child is ready, using a potty/toilet is a new skill to children and it is important to follow your child's lead and go at their pace. Here are some signs which may indicate they are ready to begin their journey-

- They know when they've got a wet or dirty nappy, this could be your child touching or showing discomfort with their nappy.
- let's you know when he or she is going to wee, before it happens
- can go at least an hour without a wet nappy
- fidgets or hides when he or she needs to wee
- knows what the potty/toilet is and what it's used for.

Talking to your child about toileting is a great way to begin interest for them. You could-

- Have a potty in sight for them and ask them if they would like to sit on the potty, before bath time is usually a good time to ask
- Celebrate any goal with your child, even if they sit on the potty but don't do anything this is still a big step for them
- Respect your child's voice/actions, if they are reluctant change this into a positive of "we'll try again soon" as instructing them to sit on it may cause a negative effect.
- When changing your child's nappy, talk to them about if they have a wet or soiled nappy.
- Helping you by flushing the toilet and washing their hands

If your child has taken an interest in the potty-

- Encourage sitting on the potty more often- after meals, when they wake up, before they go to bed or if they have a regular time they usually have a soiled nappy just before then.
- The first few days staying home to avoid potential accidents
- Encouraging them to use the potty to wee will help build their confidence for when they are ready to use it to poo.
- If your child has an accident, maintain a positive approach will avoid them to feel anxious or worried.
- Dressing in clothes that are easy for them to change, avoiding clothing with zips or buttons.

At Nursery the staff will follow your lead on toilet training, we encourage you try this over a weekend so your child has a few days to adjust. When you feel like your child is ready let the staff know your approach and they will adapt and try to keep a similar routine to make it a much easier transition. Potty training:

<https://eric.org.uk/> Even if your child is toilet trained this is a very helpful website which can give plenty of advice including constipation, bed wetting and toilet anxiety.

<https://eric.org.uk/potty-training/children-additional-needs/>

If you would like further support please speak to me, the best way to contact me is by email- cbrown@norcot.reading.sch.uk or phone- 07483368773, if I am unable to answer at the time you call please leave a voicemail and I will get back to you as soon as I can.