Guidelines on Potty/Toilet Training

Generally children will start potty training at 2-2½ years, although children vary and training should start when the child is felt to be emotionally ready. Avoid starting potty training during times of upheaval, such as the arrival of a new baby within the family or transition from one room to another.

- Key carers must consult with parents before training begins, informing them of how we train and inviting them to follow the same procedure at home (issue with potty training booklet).
- Potty training must be supported by the key carer and daily feedback shared with parents.
- Potty training is easier in warmer months as fewer clothes are required. However carers must ensure that clothing is loose to allow child independence.
- Ensure parents have provided plenty of changes of clothes, including socks, pants and T-shirts are ideal if warm enough.
- Make potty/toilet familiar before training begins and once training begins allow the child to choose potty or toilet.
- Key carers should start by sitting the child on potty/toilet every 15 - 20 minutes and extend this time gradually.
- Each child should have a potty training reward chart and stickers used to reward successes. These should be shared with parents. Please remember these belong to the children and therefore should be displayed at their height.
- Staff must complete the potty training record every time the child is offered or sits on the potty.

REMEMBER

Practitioners should always act with the best interests of the child in mind giving priority to a young child's dignity and comfort. Staff deployment should be such that a child who requires a change of clothes or nappy will be attended to quickly with the minimum of disruption.

In addition the following should be considered when dealing with young children;

- Pants must always be worn for reasons of hygiene.
- Never force a child to sit on the potty.
- There should always be a relaxed atmosphere.
- Always be consistent.
- Always give praise, even for just sitting there and especially if there is an end result.
- Give a reward if the child has had a good day, e.g. star, etc.
- Never shout or act disappointed and don't make a fuss when accidents occur. Simply change clothing and start again.
- Encourage children to sit for a longer time with distractions, e.g. books, songs, etc.
- Records on the child's progress must be kept on a chart, and parents informed on a daily basis.
- Practitoners must wear aprons and gloves when changing a child who has soiled themselves.

If first attempts are unsuccessful, it may be best to discuss with parents and suggest that we stop and try again at a later date.