

## Toilet training Policy and Procedures

### **Aim:**

To support children's health, wellbeing and development by promoting effective toilet training at an appropriate time.

We see toilet training as a self-care skill that children have the opportunity to learn with full support and non-judgmental concern of adults. Toilet training can be a difficult process for both you and your child so we will work in partnership with you to assist with strategies, providing information about bladder and bowel health and potty training such as ERIC website – [www.eriv.org.uk](http://www.eriv.org.uk) and ERIC's helpline (0845 370 8008). It will be beneficial to liaise with your child's key person the routine you implement at home as continuity between home and pre-school will ease and ensure a successful toilet training.

### **Objectives:**

- Child's individual needs are identified and met.
- Family's cultural preferences are considered.
- Potty training is a positive experience; family and child feel supported throughout.
- Pre-School supplies families with information and signposts to sources of further information about bladder and bowel health and potty training such as ERIC website – [www.eric.org.uk](http://www.eric.org.uk) and Children and Family Health Surrey (01883340922)
- Communication between the Pre-School and family is promoted before, during and after potty training.

### **Preparation:**

- Potty training can be a very daunting process for families. The Pre-School will support families by discussing expectations of potty training, and providing information such as ERIC's Guide to Potty Training.
- Agreement to be reached either when Potty Training should start, or that further discussion will take place at appropriate age/stage of development.
  
- Families will be supported to decide the best time to potty train their child. The Pre-School will explain why it is helpful for the same approach to be taken at home and in the setting, including using the same words for wee/poo/potty/toilet etc.

### **Assessment of Readiness:**

The first stage of potty training is to recognise when the child is ready. It is essential that the child is:

- Pooing at least one soft poo a day
- Staying dry for at least an hour and a half between wees
- Showing interest in the toilet
- They can follow simple instructions
- Able to sit themselves on the potty and get up again
- Starting to show signs of awareness of when they have done a wee or a poo such as hiding or having a preferred place to poo in their nappy.
- Showing awareness that other family members and peers don't wear nappies, and that they use the toilet

Potty training should not be delayed; it is much harder to achieve when the child is older. Readiness can be assessed by monitoring the child's wees and poos.

### **Pre-School will ensure that:**

- Suitable facilities are offered – either potty, or toilet with toilet seat insert. Child needs to sit with feet flat and firmly supported, knees above hips. Boys to be guided to sit down to wee. In the early stages children cannot differentiate between the need for a wee and the need for a poo. If they wee standing up they may hold onto the poo and can easily become constipated. The correct mechanism of weeing is triggered by relaxation – it is much easier to relax when seated. They may empty their bladder better sitting down. It is more hygienic as they are less likely to wee on the floor/over the toilet seat.
- Optimum timing for toileting is observed – toilet visits planned for 20-30 minutes after meals (the most likely time for a child to poo)

- Suitable interval left between prompts to wee (the bladder needs to be full to empty correctly)
- Fluid intake is optimised – a minimum of 6 to 8 full cups of drink a day, spread evenly across the day.
- Pre-School staff to maintain a calm, supportive approach at all times; children should not be rushed or forced to use the potty/toilet against their will. ‘Accidents’ are to be expected – children learn to recognise the sensation of needing a wee/poo by wetting/soiling.
- Pre-school staff to teach the importance of and practice of good hygiene and hand washing.
- The child is regularly encouraged and praised. N.B. aim to recognise achievable goals such as sitting on the potty when asked to do so. Keeping pants dry may be an unachievable goal initially.

### **Communication**

- Discuss with parents/carers the importance of suitable clothing and spare clothes to be available
- All staff are aware of each child’s current stage of potty training to confirm a consistent approach.
- a record is kept on the Family app of successful potty/toilet visits as well as wetting/soiling incidents in order to monitor the child’s progress.
- Regular updates to be shared with parents with the expectation that they will share information about progress at home. Potty training is a joint effort!

### **Parents/Carers will ensure that:**

- The child is dressed in clothes that are easy to pull up and down, and will supply several spare pants, trousers, socks etc. and replace them if sent home soiled
- They work with the Pre-School to ensure a consistent transition from nappies/pull-ups to pants is made in one step to avoid confusing the child with a mixture of nappies/pull-ups/pants.

### **Trouble shooting:**

- Pre-School staff to be alert for possible constipation; incidence is raised during potty training as some children find pooing into the potty/toilet frightening.
- If toilet avoidance is observed information to be provided to parents - see ERIC factsheet ‘Children who will only poo in a nappy and other toilet avoiders.’
- If a child does not appear to be making progress, or regresses, Pre-School staff to look again at the child’s bowel habit and fluid intake. They will then instigate a discussion with the family to consider abandoning the process, allowing time to improve bladder and bowel health and to better prepare the child, starting again after a suitable interval e.g. a month.
- If ongoing bladder/bowel issues occur, information such as the ERIC leaflet ‘Thinking about wee and poo now you’re on the way to school’ may be shared with the family and prospective school alongside the referral process for children with early toileting concerns by calling the Children and Family Health Surrey (01883340922)