



BROOK HOUSE NURSERY

POTTY TRAINING POLICY

The staff at Brook House Nursery are experienced in helping children to potty/toilet train. If you think your child is developmentally ready to start using the potty/toilet, we will support you and your child to the best of our ability.

Developmentally ready means your:

1. child's poos are regular and predictable
2. child dislikes the feeling of wearing a wet or dirty nappy
3. child shows interest in others' bathroom habits and asks to use the potty/toilet
4. child asks to wear pants or knickers
5. child can pull their pants up and down
6. child stays dry for at least two hours or during naps
7. child can follow simple instructions
8. child can let you know using words, facial expressions or posture that he/she is about to do a wee or a poo e.g. by squatting or simply telling you
9. child has awareness of being wet or soiled, and ask to change the nappy

Potty training can be a very daunting process for parents but please be assured that our staff will work with you every step of the way to ensure the process is a smooth one. According to the latest NHS guidance that you can find here: <https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/toilet-training> most children are ready to begin toilet training from around 18 months to 2 years.

All children will continue to have some accidents, even when they are fully potty and toilet trained. At Brook House we encourage the children to start the process as soon as the child is showing interest in potty training.

Please be aware that it can take longer for a child to potty train at nursery as there is so much more happening within the environment than at home. This is why we ask you to start potty training your child at home for a minimum of a weekend, before it is introduced at nursery.

It's a good idea to prepare your child before you start potty training so that they know what to expect. Start using words related to the potty and the toilet around your child and talking about their nappy changes as you do them. Let them come with you to the bathroom and help you flush the toilet and wash their hands. Leave a potty where they can see it regularly and use your child's toys to role play how they should use the potty. See if your child will sit on the potty for a few minutes, perhaps after nappy changes or when getting dressed in the morning or ready for bed in the evening. Encourage your child to let you know when they have a wet or soiled nappy, and give them lots of praise when they do tell you. During the first day, remind your child regularly to use the potty.



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Try reminding your child to sit on the potty every hour or so. Extend the time between reminders over the next few days, until you feel that your child has got to grips with using the potty.

Please be aware of the following steps that your child's key person will follow:

1. Once you have introduced potty training to your child at home over the weekend, we will start encouraging your child to sit on a potty/toilet at nursery. We will try to copy your routine as closely as possible to maintain continuity for your child. We will use stickers as rewards.
2. Whilst your child is potty training, their key person will keep you informed on their progress.
3. When you do decide to start potty training, it is important to be consistent. Let your child wear their special new underwear, and don't be tempted to put them in nappies, **including pull-ups as this is very confusing for the child, imagine if you would have to wear a nappy from time to time... Even if it is a pull-up that does not make it right or less confusing!** to prevent accidents e.g. - on a car journey – have a potty in the car's footwell, or put a disposable bed pad on the car seat or take a potty in a carrier bag on the back of the pushchair. Swapping between pants and nappies can be confusing for your child, and could make potty training take longer.
4. Your child needs to wear suitable clothing when potty training (no belts/ dungarees/ baby grows). Track suit bottoms/leggings are highly recommended.
5. We will ask you to provide some nappies for sleep time (and yes 'pull ups' for sleep time are acceptable).
6. If your child has three accidents in one day before lunch time, they will be put back into a pull up nappy and we will try again at a later date. This depends on the circumstances around the potty training.
7. Accidents will be dealt with calmly, sympathetically and in a way which does not make the child think they have done wrong.
8. We request that if your child is potty training you bring in sufficient spare clothes to change into in the event of an accident (this includes at least 3 pairs of pants/knickers, 3 pairs of trousers, a couple of tops and spare socks). We also would recommend 'training pants' to be used at the beginning of your potty training journey.
- 9. We encourage boys to sit down on the toilet as aiming at such a young age can be challenging!**



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We understand that due to changes in routines or at home some children may regress. If your child has been dry for a while and begins to have accidents again, your child's key person will work with you and support your child through this time. They will not be put back into nappies as this may make them more insecure. They will be encouraged more than usual to use the toilet.

Some children take potty training overnight, for some it is a longer process. The most important thing is that we work together to give your child the support and reassurance they need during this period.

Please visit: www.eric.org.uk for more support.

| Policy review date | Name and signature |
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