

Highdale Day Nursery – Toilet training policy

At **Highdale Day Nursery**, we take great care to support children's health, wellbeing and development by promoting effective toilet training at an appropriate time.

Our main objectives when toilet training are:

- Child's individual needs are identified and met.
- Family's cultural preferences are considered.

We want toilet training to be a positive experience for the child and their family. Communication between Key carer and parents/ carers is essential to ensure that the child has an interest in toilet training at home.

We will aim to support families by discussing expectations of toilet training. An agreement should be reached between the nursery and keyperson either when toilet Training should start, or that further discussion will take place at appropriate age/stage of development ensuring that it is the right time for the child. We will highlight 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.

Highdale Day Nursery's Procedure of Assessment for Readiness:

It is vital that as a Nursery we ensure that the child is fully ready to begin first stage of toilet Training. It is the collaboration and partnership between the family and the key carer 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

Other signs to look out for are:

- Showing interest in the toilet
- able to 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
- *Showing awareness that other family members and peers don't wear nappies, and that they use the toilet.

This will be monitored by the child's Key carer and discussed with the family.

Children with additional needs may not show reliable signs of awareness. Toilet 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. Provider to offer information such as ERIC's Guide for Children with Additional Needs.

At Highdale Day Nursery we ensure that we have suitable facilities to support all children that are toilet trained and toilet training. We offer small child toilets as well as potties so that the children have a choice on what they would prefer to use.

We do believe that the children should sit with feet flat and firmly supported, knees above hips. Boys to be guided to sit down to wee. It should be noted that in the early stages of toilet training that 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. Parents will be

made of aware of this when they start the toileting process.

Toilet Training Procedure:

It is vital as a setting that we ensure that we follow the following steps when toileting training a Child:

- Firstly refer to Highdale Day Nursery's Procedure of Assessment for Readiness above
 - Direct Parents to all relevant information from Eric Website on toilet training to read.
<https://www.eric.org.uk/potty-training-resources-downloads-andlinks>
- 'Eric's Guide to Potty Training and Eric's Guide to Potty Training for Children with Additional Needs'
- Ask the parents for plenty of suitable changes of clothes and pants/ knickers that are easy to pull up and down and are clearly labelled, as well as spare socks and shoes.
 - 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.
 - Provider will work with family to ensure a consistent transition from nappies to pants in one step to avoid confusing the child with a mixture of nappies/pull-ups/pants. N.B. The child will still need a nappy for naps initially.
- *Early years staff to maintain calm, supportive approach at all times; children should not be rushed or forced to use the toilet/ potty against their will. 'Accidents' are to be expected – children learn to recognise the sensation of needing a wee/poo by wetting/soiling.
- All staff and family to ensure child is regularly encouraged and praised. N.B. aim to recognise achievable goals such as sitting on the toilet/potty when asked to do so. Keeping pants dry may be an unachievable goal initially.

Communication:

At Highdale Day Nursery we will ensure all staff are aware of each child's current stage of toilet training to confirm consistent approach. We will ensure a record is kept of successful potty/toilet visits as well as wetting/soiling incidents in order to monitor child's progress on our toilet training chart.

Trouble shooting:

As a Setting we will ensure that staff are aware for possible constipation; some children find pooing into the potty/toilet frightening. If toilet avoidance is observed information to be provided - see ERIC factsheet Children who will only poo in a nappy and other toilet avoider issues and this will be discussed regularly with parents. If child does not appear to be making progress, or regresses, staff will look again at child's bowel habits/ bladder habits and fluid intake and discuss with the parents the appropriate next steps to be taken.