



Hambledon Youth Hut  
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## 6.4a Potty Training

### Policy statement

At Hambledon Pre-school we understand that the transition from using nappies to learning to use the toilet is an important stage of development for all children. It is our policy to give support and praise to every child learning to use the toilet and to give advice to their families during this time.

Key workers will begin to have conversations with parents if a child shows signs of being ready. Practitioners are aware that a child's understanding of using the toilet, as well as their physical readiness increases significantly between the ages of two and three and this is the optimum time to start toilet training.

If a child is just starting to show an interest in going to the toilet and staff and parents agree that they are not yet ready for full toilet training, staff will encourage them to spend some time sitting on the toilet or potty after each nappy change and give praise when they do so. This builds up a child's confidence to use the potty/toilet without it being a chore or something to be worried about.

If a child is showing good signs of being ready to fully toilet train staff and parents can decide to move onto the next step. Signs of being ready to start using the potty or toilet can be things like 'physical signs of readiness' e.g. dry periods during the day or waking up with a dry nappy, 'behavioural signs of readiness' e.g. enjoying praise when going to the toilet, demonstrating a desire for independence and showing discomfort when their nappy is wet or soiled and 'cognitive signs of readiness' e.g. Can understand and follow simple instructions and requests, such as "Do you need a wee?" or "Where's the potty/toilet?". Shows awareness that they are going to the toilet or may tell adults when they need to go to the toilet. If some or all of these signs are present staff will then suggest parents to bring their child in to Pre-school in pants or knickers.

We prefer parents to start their child's potty/toilet training at home for a few weeks beforehand, then we can follow this through at Pre-school.

### **What should you supply**

- enough spare changes of clothes for the time their child is at Pre-school (including tops, bottoms, socks, pants/knickers)
- one spare pair of shoes, as when children have accidents they can often need changing entirely.
- if the child goes through all of their own spare sets of clothes we will use Pre-school spares where we can.
- Wipes and creams
- Plastic bags or other bag(s) for soiled clothes
- Pull ups

Staff will regularly take children to the toilet or potty throughout the day and encourage them to ask to go as well as giving lots of praise. We may also use a timer that will go off at regular intervals. Pre-school Staff will initially do this for two weeks whilst discussing with parents throughout about how their child is progressing. Sometimes, after these two weeks, practitioners may feel that a child is not ready for toilet training at this time and in these cases we will discuss with parents about having a break and returning to it in one month's time.

Good hygiene practices are always followed at Pre-school and the children are shown how to use the toilet and how to wash their hands each time they have used the toilet. The importance for good personal hygiene is also discussed with the children at this point to encourage the children to recognise the importance of self-care.

'Accidents' will be dealt with calmly/sympathetically and in a way, which does not make the child feel they have done anything wrong. All soiled clothing will be put in a plastic bag and returned to the parent at pick up.

### **What is the best clothing?**

- leggings
- tracksuit/jogging bottoms
- skirts
- dresses
- anything elasticated

### **What do I need to avoid?**

- Belts
- Buttons/zips
- Dungarees
- Tight Clothing
- No Layers

Staff will ensure that lots of constructive feedback is given to parents throughout the toilet training process and it is important for every child to have continuity during this time. This means that staff will work with parents to ensure everything done at home is followed through at nursery and vice versa.

### **Common Toileting Problems**

Constipation often plays a part in potty/toilet avoidance. A big, hard, painful poo will scare the child, and to stop it happening again they simply hold on. If a child is having trouble we will work with the parents and the child to help ease the problem and advise things that may help. Staff will stay calm and understanding that a child may need time to relax and will offer items to distract them whilst sitting on the toilet.

Some children are frightened of the toilet itself. This fear will need to be overcome before they can start learning to sit on it. If a child is scared of the flush, we will start by flushing it while they stand by the toilet door, then gradually ask them to come a little closer. When they are near enough, we will encourage them to put just a little bit of toilet paper in the toilet to flush away.

If they are worried about the water splashing back when they use the toilet, we will show them how to put a layer of toilet paper over the water in the toilet bowl to stop splash back.

### **Further Resources:**

- Early Years Healthy Bladder and Bowel Assessment
- Bristol Stool Chart
- Eric's Guide to Potty Training
- Eric's guide to Bowel problems
- Toilet Reward Charts
- <https://www.eric.org.uk>
- ERIC's Helpline (0845 370 8008)

## **Hambledon Pre-School**

### **Safeguarding and Welfare Requirement: Child Protection**

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