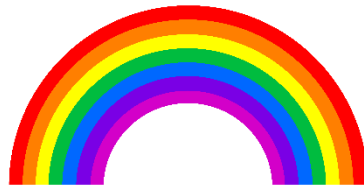


The Village Nursery Bellingdon Ltd



“Building a firm foundation”

Toilet Training Policy

Aim

To work with families to support children's health, wellbeing and development through effective potty training using the 3 step 'Let's Go Potty' approach adopted by ERIC, The Children's Bowel and Bladder Charity.

Objectives

- Family and child's individual needs are identified and met
- Family and child's cultural preferences are taken into account
- Potty training is a positive experience; family and child feel supported throughout

Expectations

The Village Nursery Bellingdon will:

- Communicate openly and effectively with parents and carers to agree a consistent approach, based on the 3 step 'Let's Go Potty' approach adopted by ERIC (www.eric.org.uk/potty-training)
- Share this policy with parents and carers as soon as the child starts attending
- Ensure that the child's individual needs are met including those with additional needs and/or cultural preferences
- Provide a safe, suitable and welcoming environment for nappy changing and toileting
- Ensure that all staff are appropriately trained and DBS checked
- Nominate a potty training 'champion' that staff can go to with any concerns or questions
- Provide nappies/pull ups while the child still using them

Parents and carers will:

- Ensure the child is dressed appropriately when potty training i.e. in clothing that is easy for the child to remove
- Follow agreed approach to potty training at home to ensure consistency and lack of confusion for the child
- Keep staff informed of any issues or concerns regarding their child's health and potty-training development

How do I know if it is the right time for potty training?

There is no right time! Much like everything else to do with children the adaption process is unique to each individual child.

Using a potty is a new skill for your child to learn, and often a new skill for you to teach. It's best to take it slowly and go at your child's pace. Dedication, encouragement, consistency, and patience are key factors in potty training, no matter when they're ready for this change.

Remember, you cannot force your child to use a potty. If they are not ready, you will not be able to make them use it, however in time, they will naturally want to take this next step. Try potty training when there are no great disruptions or changes to your child's or your family's routine – it is important to stay consistent, so you do not confuse your child.

Potty training is best to begin once your little one has begun to show signs of development of their bladder control. These signs include:

- They know when they've got a wet or dirty nappy
- They acknowledge when they have urinated or need to urinate and let you know
- The gap between wetting is at least an hour
- They show they need to urinate by fidgeting

Once your little one has begun to do the above things, this could be a sign indicating it is the right time to start your potty training. We suggest to our parents start the potty training at home and to progress this into the Nursery once children are:

- Able to communicate the need to use the toilet or potty in advance
- Able to pull down/up their clothes quickly enough
- Fairly consistently dry during the day with accidents only happening rarely.

Remember, as we have said before, every child is unique and sometimes the first toilet training attempt may not be successful. Don't punish mistakes. Although potty training struggles can sometimes be frustrating, try not to get angry or punish your toddler for their accidents or for not being able to go. Instead, let your child know that it's OK and they can try again later. If this is the case, we suggest giving it a little break and introducing it again in 2-3 months.

Annex A

Potty Training guidance followed by this setting:

At The Village Nursery Bellingdon, we are following Let's Go Potty: Let's go together! This is the 3-step evidence based approach adopted by ERIC, for children learning how to use the potty independently and stopping wearing nappies.

The foundation of the approach is that children are born ready to learn new skills.

Most children are ready to master potty independence and lead in many parts of the process from around 18 months. The majority of children will be capable of doing most things including wiping by themselves when they start school. Research shows it is better for children's bladder and bowel health to stop using nappies between 18 and 30 months.

Search ERIC's website for the factsheet *Advice about Children's Bladders and Bowels – from Birth to Potty Training to School*.

This is a summary of the Let's Go Potty approach: please visit www.eric.org.uk/potty-training for more important details on each step.

3 step approach to potty training

Learning how to use the potty independently and stopping wearing nappies is a big milestone for the child. There are lots of new and exciting skills for them to learn with your help. To make this process easier for you both, follow our evidence-based Let's Go Potty approach.

Step 1: Preparation

- Spending time preparing the child for potty training is the best way to help them start the process. Help prepare them with these steps:
- Make sure there is no underlying constipation and that the child is having plenty of water-based drinks (6-8 cups a day). Keeping their bladder and bowel healthy and working properly will help with potty training.
- Involve them in nappy changing and talk to them about it whilst you're doing it so that they begin to understand where wee and poo goes, and the language that we use for the toilet and how our body feels.

Visit www.eric.org.uk/potty-training for lots more detail.

Step 2: Practice

Teaching the child how to use a potty and feel comfortable around wee and poo is a great way to introduce the next step. From the time the child can safely sit up by themselves, they can start sitting on a potty with your help. Good times to try a potty sit include:

- Shortly after they wake up
- After mealtimes
- Anytime you know the child needs to go (if you see them straining for a poo, for example)

Using play can help teach the child what you expect, as well as motivate them. You can use stories, characters and toys to explain to the child what they need to do and teach them how to do it.

Step 3: Stopping using nappies

Thanks to plenty of preparation and practice, the child has gained new skills and confidence. They are now ready for the last step which is to stop wearing nappies. Here are some tips to help make this stage easier for you both:

- Make sure it's a good time for you as well as the family. It's best to avoid doing it at a time when there are any big changes or disruptions to the child's or family's routine.
- Dress the child in clothes that are easy for them to get on and off, so they can take the lead with using the potty.
- If the child is a boy, encourage him to sit down on the potty for both wees and poos - especially in the beginning. We empty our bladder better when sitting down and it helps to prevent constipation.
- Potty training is a big milestone for the family too. Work together – guide the family towards a definite goodbye to nappies, to ensure consistency for the child.

Potty training children with additional needs

Almost all children can learn to be clean and dry. Children with special needs including delayed development and physical disabilities may take a little longer and need more support. However, the process you need to follow is the same.

This can feel like a big challenge, but it's important not to put off potty training for too long. The longer the child wears a nappy, the harder it may be to introduce a new place for them to wee and poo. For further support and guidance please contact Karen Suckling.

More information can be found on ERIC's factsheet Advice about bladders, bowels and toileting for children with additional needs, available on their website.

This policy was adopted by the Village Nursery on 1st May 2025 and will be reviewed every 12 months.

Signed on behalf of the nursery

This policy was reviewed on: