

Your child's key worker is available to discuss your child's individual potty training programme. They will provide feedback and general conversation relating to your child's progress.

So please work with us by letting us know how your child has been doing while they haven't been at nursery, any problems you are experiencing, etc.

It is really important for us here at nursery to use the same language as you do at home, so again talk to us and let us know. This will minimise confusion for your child

We can work together to help your child succeed in this important transition.

Early Years Foundation Stage

You may be interested to know that in the EYFS Framework potty training is linked to Personal, Social & Emotional Development—Self Care, and Physical Development—Health & Bodily Awareness.

Researched and compiled for
Jolly Giraffes Day Nursery by

Lisa Draper

and revised by

Debbie Smith



A Guide to Potty Training

When and how



What we here at Jolly Giraffes will do

Here at Jolly Giraffes our bathrooms are inviting and stimulating. Potties are kept in the bathrooms. All toilets and potties are at child height to make for easy access and promote independence.

We do not have a potty in every room, as you might at home, for the following reasons:

- Rooms can have up to 12 children in them therefore a full potty would be liable to be spilled or knocked over.
- A potty open to all the children would pose a risk of infection.
- We believe that children should understand and connect going on the potty/toilet with the bathroom area.

We will support, encourage, and praise your child through the potty training process: verbally - much as you would, in the form of praise, and physically - by actually taking them to the potty. We will aim to make your child feel safe, secure and independent throughout their potty training, and to make the experience as consistent as possible for your child.

We will be promoting and encouraging good hygiene skills such as hand-washing after using the toilet, bottom wiping, etc.

We may also use stickers and certificates where appropriate to reinforce our praise and this will give the child a sense of achievement and therefore boost their self-esteem.

Contents

	Page
Timing	1
How do you know when your child is ready?	1
The transition from nappies to pants	2
Helpful hints and tips when in pants	3
Praise and encouragement	4
Our policies and procedures here at Jolly Giraffes	5
Early Years Foundation Stage reference	6

Praise and encouragement

- ☺ Effective praise is vital to promote and help your child's potty training become an easy transition into nappy free days.
- ☺ Praise can be physical, e.g. a cuddle or small pat, or verbal, e.g. "well done!" Along with that you need to get down to the child's level and give a positive facial expression. So, a nice big smile!
- ☺ Praise and encouragement may also come in the form of a reward, e.g. a sticker for every wee on the toilet.
- ☺ Praise needs to be consistent, so at the beginning of your child's potty training say "well done" every time. Then obviously reduce it, possibly to daily praise, then weekly praise, until they are at the stage when rewards and praise can be minimal as the concept of potty training has been mastered! (At this stage you know you have reached dryness!)
- ☺ Encouragement ties in with praise and is also of great importance, so talk about potty training daily. Set out your aspirations for your child.
- ☺ Connect your encouragement with real life situations e.g. mummy uses the toilet and is wearing big girl pants today, so are you going to?

④

Timing

Potty training should not be rushed or pushed. The timing should be dictated by your child, not you (see below).

It is important to remember that every child is different and may show willingness to be potty trained at different times to other children of the same age.

Here are a few points and questions to consider before starting:

- Is your child happy and content at the time you are considering the potty training?
- Have there been or are there likely to be any major distractions such as the birth of a new sibling/separation/moving house?
- Do you and your family have enough time in the evenings and weekends to encourage your child's potty training?
- Is your child showing signs of readiness?

How do you know when your child is ready?

Your child will show signs of readiness to you at home and us here at nursery. These may include:

- Verbal indication that they are having a bowel or bladder movement.
- Increased interest/awareness when they are passing urine or having a bowel movement.
- Bowel movements becoming more regular or wet nappies becoming rarer.
- Showing an interest in sitting on the potty or toilet.
- Showing an interest in/awareness of the toilet habits of peers and/or parents

①

The transition from nappies to pants

There are two main routes by which to move your child from nappies to pants. Neither of these methods will work for every child and their family, as there are lots of factors to consider.

◆ Pull-ups

- Lots of children find it beneficial to move into pull-ups before going straight into pants.
- Pull-ups enable children to use the potty/toilet on a regular basis, but rule out the embarrassment that accidents can cause.
- Parents and carers can still encourage children to use the potty/toilet as if they were in pants.
- As your child begins to associate the potty with bowel and bladder movements and the pull-ups become wet/soiled much less regularly, you may then wish to move your child into pants.

◆ Once the pants are on there's no going back!

- Another beneficial approach to potty training is to put your child into pants when they are ready—and then there is no going back!
- This method is more effective if you are able to spend a minimum of 3 days, preferably at home, with your child. This will provide your child with consistency as they go through the demanding transition and you will be able to offer consistent support and encouragement.
- The aim of this approach is to help your child become toilet trained quickly and efficiently, by continually being put back into pants after having accidents. These accidents will hopefully be quickly eradicated.

Helpful hints and tips when in pants

☺ Try to enforce a routine at home and nursery

For example, at home make regular bathroom trips. We will endeavour to do the same here at nursery. We aim at toilet trips around every 20 minutes to half hour. At home children may be interested in their family's bathroom activities; it can sometimes be helpful to allow them to observe parents/siblings using the toilet. This will instil correct toilet habits in the child and allow them to see that it is normal to use the toilet.

☺ Encourage the child to be involved in their own dressing and undressing

Let your child choose their own underwear. Also, encouraging your child to dress and undress themselves will help to develop the skills of pulling down/up their clothes.

☺ Ensure your child is appropriately dressed

Although skirts and tights look lovely on girls, it's far easier for them to be in trousers. This will enable them to get themselves onto the potty as quickly as possible, with minimum fuss and effort. Ensure that trousers don't have awkward fastenings and buttons and are easy to pull down and up. This will all help to prevent accidents.

☺ Encourage boys to sit before standing

This will minimise accidents over the floor and walls. It will also put less pressure on boys if they sit to begin with rather than mastering standing.