



## DOUGLAS VALLEY NURSERY SCHOOL Independent Toilet Training

### Plan of Action



- You will need knickers, underpants, a potty or a step and child's toilet seat.
- Keep the nappy off until bedtime – putting nappies on after accidents or for trips out confuses your child and delays toilet training.
- Let your child see you using the toilet and explain what you are doing.
- Regularly offer and suggest using the potty or toilet.
- Dress your child in clothes that can easily be pulled down or up.
- Give lots of praise when your child succeeds.



- Don't get cross or make a fuss if your child has an accident – just keep calm, get changed and carry on!
- It's ok to teach boys to sit down first – they can progress to standing up later – whatever suits.
- Always wash your hands afterwards from the word go.
- Start to leave nappies off at night when they are dry in the morning.
- Encourage your child to go to the toilet last thing at night but remember to protect the mattress just in case.

**Remember – DON'T GIVE UP!**



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### Information and Advice



At Douglas Valley Nursery School we want our children to be happy, confident learners and this includes developing the skills of independence to remove barriers to learning.

Most parents start thinking about toilet training when their child is around 2y – 2y 6m old.

Choose a good time – when you may be mostly at home for several days and there are no great disruptions.

**Our expectation is that when children start in pre school they are toilet trained and can use the toilet and bathrooms independently or with little support.**

### Looking for signs!

- Is your child signalling that their nappy needs changing?
- Can your child understand and follow basic instructions?
- Is your child staying dry for longer periods during the day?
- Can your child pull their pants down and then up again?

### **If YES – then get ready to go!**

Decide if you want to go straight on the toilet with a child seat or use a potty. (Remember you will need to transition to a toilet before pre school.)

**If NO – talk to your child about their bodies and toileting – use the bathroom together to build up an understanding of routines.**