



Westfield Nursery School 'Potty Training Tips'

Introduction

At Westfield Nursery School we believe that parents are a child's first and enduring teachers. They play a crucial role in helping their children learn. Where parents are involved with their children's education and learning both at home and in partnership with the school, their children do better and achieve more. These benefits can be long-lasting and extend to better health, relationships and improved employment prospects.

We made this book entitled 'Potty training tips' following a consultation process with parents. Previous parents have found it useful, we hope you do too. We welcome any feedback and further ideas, so we can keep this leaflet up to date. If you have any comments, please speak to your child's teacher.

We would like to take this opportunity to thank all those involved in the creation of this leaflet.





Benefits of Parental Partnership

The benefits for the children are:

- It is easier for children to learn when they get encouragement from home.
- They will do better and achieve more when their parents are involved.
- Children get access to more activities in and out of school when there are more adults to help.
- Their concerns can be sorted out more quickly when their parents have a positive relationship with school staff.
- They are happy when their parents are enjoying events in the school.

The benefits for parents are:

- Their children do better when they are involved.
- They are better able to help and encourage their children.
- They have more information about their children's education.
- Parents can build their own confidence and skills.
- Where there is a positive relationship between parents and their child's school there are benefits all round.
- Parents get reassurance that their children are receiving a good education.



Remember...

The transition from wearing nappies to using the toilet or potty is different for every child.

Being dry during the day is usually achieved between the ages of 2 $\frac{1}{2}$ and 3 $\frac{1}{2}$ years old. Being dry at night takes a little bit longer and is usually achieved by 4 or 5 years.

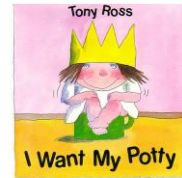
Children show signs that they are ready to toilet train when they tell you their nappy needs changing or by showing interest in the toilet.

Below are some tips to help you through this challenging time:



Before you start:

- Visit your local library and read your child some stories about potty training e.g. "I want my potty" by Tony Ross.
- Talk to your child about how nice it will be to not wear nappies during the day. Go shopping with your child to buy underwear and let them choose ones they like.
- Be careful not to compare him/her with your other children or children of your friends.
- Tell your child's key person and the staff in your child's class that you are starting potty training with your child. They will be happy to help you and have lots of experience helping children through potty training.



When you start:

- Stay calm. If you are calm and happy about it, your child will stay calm and unstressed about it. Accidents will happen!
- Put your child on a potty or toilet at regular intervals during the day. Sit down with them and read them a book perhaps or blow some bubbles. Sitting on a potty is an achievement in itself even if they don't produce anything.
- When they first produce a wee in the potty or toilet, be prepared to go crazy with lots of praise and applause! When they do not produce anything don't be discouraged, stay calm and be patient.
- Bring **lots** of pairs of underwear, trousers, socks, and a spare pair of shoes to Nursery.
- Be consistent- put your child in underwear every day. If they wear underwear one day and a nappy the next, they will just get confused, which will delay the training.
- At home, consider allowing your child to wear underwear without trousers so that they can tell when they are wet!
- **Avoid using pull ups-** they feel similar to nappies and your child will not know the difference and may continue to use the pull up as a nappy.





Each child seems to have their own built-in time when they are ready to achieve bladder control. Starting a year before they are ready means you will be potty training for a whole year.



Think carefully whether you are going to use a potty or adult sized toilet. If you decide to use the toilet you may need to invest in a child size toilet seat to prevent them from falling as children cannot hold themselves for a long period.

Some parents have a few potty's in different rooms around the house when their child first starts to train.

When your child feels that they need a wee there will not be much warning- it will require a very quick dash.

If you are going out and about visit the toilet before you go and as soon as you arrive.

In the car you may want to put a carry bag underneath your child's bottom.

Once your child has mastered the basics you still need to teach them how to wipe their bottom.

Please always ask your child to wash their hands so they get into good hygiene habits. At Nursery children pull up their sleeves, put some water in the sink, get some soap, rub their hands together, rinse and dry.

Remember to carry spare clothes and your child will have lots of accidents but will get there in the end.

**Thank you for your continued support of the school.
Should you have any comments please contact Mrs Collins.**

