



Westfield Nursery School 'Potty Training Tips'

When do I tackle toilet training?

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

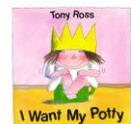
Being dry during the day is usually achieved between 18 months and 3 years of age. Being dry at night takes a little bit longer and is usually achieved by 4 or 5 years.

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.



Things to consider...

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 potties 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.

Should you have any comments please contact Mrs Collins.

