

Working Together to Toilet Train Your Child



Learning to use the toilet is an important milestone.

Work together with your child's setting, they will support you and follow your lead.

Talk to your child's key person about preparing your child for using the potty or toilet.

Work out a plan together, to keep consistency between the home and setting, aim to use consistent approaches and language.

Every child is different, some almost seem to train themselves whilst others need some help.

The most important things are that they are ready and you are relaxed and patient.

When is the right time to toilet train your child?

You could introduce sitting on the potty/toilet as part of your child's normal day when they're around 18 months to 2 years. Some people choose to start earlier.

There are some signs that may mean your child is ready to begin toilet training.

These signs are more important than their age. Your child's key person will let you know if they see the signs during the nursery day.



Signs that your child might be ready...

- Your child wants to watch you or siblings in the toilet
- Your child does not want to wear a nappy
- Your child tells you they are doing a wee or poo
- Your child shows they need to wee by fidgeting or going somewhere quiet
- Your child's nappy stays dry for 2 hours
- Your child takes their nappy off when they have done a wee or poo

Your child may not show all these signs.

How Long Will it Take?

It is a big step in your child's development and shouldn't be rushed.

Being patient with your child will help them get it right, even if you sometimes feel frustrated.

Every child is different, some take 3 to 4 weeks, for others it may only take a few days.

Talk to your child's key person regularly, so you both have a good understanding of progress.

If your child isn't making progress after about 3 weeks, they may not be ready. Wait a few weeks and try again.

We understand that toilet training can be a difficult time for you and the child, so it is important to remain calm and to show your child that using the potty or toilet is a completely natural and a positive learning process for them.

Top tips to support toilet training

Here are a few tips to **encourage your child and to help you make the process as supportive as possible**. When they are beginning to toilet train, remember there is **no pressure or time frame**.

Practice sitting on the potty before asking them to use it. Let them get used to motion of up and down.

When you are changing your child's nappy or pull up describe what you are doing, such as wiping, putting cream on.

Dress them in easily accessible clothing, e.g not popper vests, dungarees.

Be prepared for accidents with wee and poo! Have plenty pairs of clean pants and spare clothes with you each day.



Use lots of praise and encouragement, just sitting on the potty is a big achievement and should be celebrated.

Use your child's favorite teddy or doll and show them using the potty.

Introduce stories around toilet training such as, Pip and Posy: The Little Pool, Miss Dotty's Potty School.

Remember to keep your child's key person up to date with progress!