

SPEEN CHURCH OF ENGLAND SCHOOL



POTTY AND TOILET TRAINING POLICY

Issued: January 2024

Next Review: January 2026

THEN CHRIST WILL MAKE HIS HOME IN YOUR HEARTS
AS YOU TRUST IN HIM. YOUR ROOTS WILL GROW
DOWN INTO GOD'S LOVE AND KEEP YOU STRONG.

-EPHESIANS 3:17 (NLT)

At Little Apples Preschool we are happy to work with parents to support potty/toilet training once the child has started using the potty/toilet at home and everyone (staff and carers) have agreed the child is ready to start at Preschool.

Initially your child will slowly be encouraged to use the toilet/potty at home. If your child uses the potty/toilet and is beginning to understand when they feel they need to go, only then will parents be able to request potty training to begin at Preschool.

We see potty/toilet training as a self-care skill that children have the opportunity to learn with the full support and non-judgemental concern of adults.

No child will be potty trained until fully settled and secure within the Preschool environment and each child will be encouraged not forced. During the transitional period, it is paramount that each child's self-esteem and confidence remains high.

Expectations

Little Apples will:

- Communicate openly and effectively with parents and carers to agree a consistent approach, based on the 3 step 'Let's Go Potty' approach adopted by ERIC (www.eric.org.uk/potty-training)
- Share this policy with parents and carers as soon as the child starts attending
- Ensure that the child's individual needs are met including those with additional needs and/or cultural preferences
- Give positive praise and encouragement after each visit to the potty/toilet, reward charts may also be used.
- Provide a safe, suitable and welcoming environment for nappy changing and toileting.
- Remind children to go to the potty/toilet every 20-30 minutes.
- Ensure accidents are dealt with sensitively, although children will be encouraged to undress and redress themselves, staff will be there to offer support and offer reassurance.
- Ensure that all staff are appropriately trained and DBS checked.

Parents will:

- Ensure there are at least 3 full sets of spare, labelled clothes in your child's bag in case your child needs to be changed on more than one occasion (the Preschool will not accept responsibility for unlabelled lost items). If a child has more than 3 accidents in a day, we may need to put them into a pull-up if they're showing signs of distress.
- Dress their children in sensible clothing which is easy to take on and off independently. No dungarees, belts or tricky buttons.
- Keep staff informed of any issues or concerns regarding their child's health and potty-training development.
- Provide nappies/pull ups while the child is still using them.

Potty Training guidance followed by this setting (based on ERIC's Let's Go Potty):

Step 1 Preparation

Spending time preparing the child for potty training is the best way to help them start the process. Help prepare them with these steps:

- Make sure there is no underlying constipation and that the child is having plenty of water-based drinks (6-8 cups a day). Keeping their bladder and bowel healthy and working properly will help with potty training.
- Involve them in nappy changing and talk to them about it whilst you're doing it so that they begin to understand where wee and poo goes, and the language that we use for the toilet and how our body feels.

Step 2 Practice

Teaching the child how to use a potty and feel comfortable around wee and poo is a great way to introduce the next step. From the time the child can safely sit up by themselves, they can start sitting on a potty with your help. Good times to try a potty sit include:

- Shortly after they wake up
- After mealtimes
- Anytime you know the child needs to go (if you see them straining for a poo, for example)

Step 3 Stopping Using Nappies

Thanks to plenty of preparation and practice, the child has gained new skills and confidence. They are now ready for the last step which is to stop wearing nappies. Here are some tips to help make this stage easier for you both:

- Make sure it's a good time for you as well as the family. It's best to avoid doing it at a time when there are any big changes or disruptions to the child's or family's routine.
- Dress the child in clothes that are easy for them to get on and off, so they can take the lead with using the potty.
- If the child is a boy, encourage him to sit down on the potty for both wees and poos - especially in the beginning. We empty our bladder better when sitting down and it helps to prevent constipation.
- Potty training is a big milestone for the family too. Work together – guide the family towards a definite goodbye to nappies, to ensure consistency for the child.

Potty training children with additional needs

Almost all children can learn to be clean and dry. Children with special needs including delayed development and physical disabilities may take a little longer and need more support. However, the process you need to follow is the same.

This can feel like a big challenge, but it's important not to put off potty training for too long. The longer the child wears a nappy, the harder it may be to introduce a new place for them to wee and poo. For further support and guidance please contact Ms Davies or Mrs Fenton.

For more information please see:

<https://eric.org.uk/potty-training/lets-go-potty/>