

Using toilet independently

Notice when young children are ready to begin toilet training and discuss this with their parents. Friendly cooperation needs to be established with the child to help them take this important step.

Typical development

2-year old's will be learning to:	show an awareness of needing the toilet and may begin to use the toilet with help.
3-year old's will be learning to:	use the toilet with help, and then independently.
4-year old's will be:	fully toilet trained .

How can practitioners support toileting?

- Work closely in partnership with parents.
- Change child's nappy in the toilet area so they familiarise with this space.
- Offer for child to sit on the toilet/potty during nappy changes.
- Avoid saying 'do you need the potty/toilet?' – say 'it's time to use the potty/toilet'.
- Encourage children to use the potty/toilet 30 minutes after mealtimes.
- Seat boys on the potty/toilet rather than standing to wee, as they do not yet have full control of their bowels, this will help to avoid an accident!
- Have a selection of toys or books within the bathroom to keep child occupied whilst sat on toilet/potty.
- Stay with the child whilst they are sat on the toilet/potty. Talk positively or sing them a song!
- Offer the child positive reinforcement for each step, however small.
- Include books and resources about toileting within your continuous provision.
- Do you provide parents with leaflets/handouts/website links about supporting toileting at home?

Talking to parents about toileting

- Is your child aware of their wees and poos?
- Do they have regular bowel movement (what time of day do they usually go?)
- Have you noticed that they are able to hold their bladder for several hours, with dry nappies or pants?
- Can your child manage their own clothes and dressing when they use the toilet?
- Can your child manage to wipe themselves? This may take time and lots of practice, so it is good to start encouraging self-care skills like washing their hands and flushing the toilet.
- Agree a toileting plan together with parents.

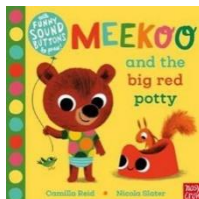
Useful resources

Gloucestershire Health Visiting Team - [Health Visiting > Glos Health & Care NHS Foundation Trust \(ghc.nhs.uk\)](https://www.glos.nhs.uk/health-visiting/)

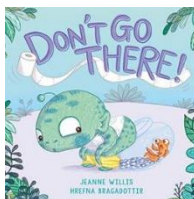
The Children's bowel and bladder charity - [ERIC](https://www.eric.org.uk/)

Children's book ideas -

'Meekoo and the big red potty' by Camilla Reid



'Don't go there!' by Jeanne Willis



For more book ideas you could visit the Booktrust website - [BookTrust: Getting children reading | BookTrust](https://www.booktrust.org.uk/)