

Uses toilet independently

Notice when 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.

Practitioners can support children by:

- Working closely in partnership with parents and carers to ensure a consistent approach between home and the setting.
- Changing the child's nappy in the toilet area so they become familiar with this environment.
- Offering opportunities for the child to sit on the toilet or potty during nappy changing routines.
- Avoiding questions such as, "Do you need the potty/toilet?" and instead using clear, positive statements such as, "It's time to use the potty/toilet."
- Encouraging children to use the potty or toilet approximately 30 minutes after mealtimes, when they are most likely to be successful.
- Initially encouraging boys to sit on the potty or toilet to urinate. This reduces the challenge of aiming, provides consistency, and can help prevent accidents while bowel and bladder control are still developing.
- Providing a selection of toilet-themed toys and books for children to engage with while sitting on the potty or toilet.
- Remaining with the child while they are sitting on the potty or toilet, offering reassurance through positive conversation, songs, or stories. Giving positive reinforcement and praise for every step of the toileting process, however small.
- Including books and resources about toileting within the setting's continuous provision to promote familiarity and understanding.
- Signposting parents and carers to relevant information leaflets, resources, or websites to support toileting at home.

Talking to Parents About Toileting:

- Ask parents whether their child shows awareness of when they are having a wee or a poo.
- Discuss whether parents have noticed any regular patterns in their child's bowel movements, such as particular times of day when they are most likely to use the toilet.
- Ask whether the child is able to stay dry for extended periods, indicating that they can hold their bladder for longer and may be ready for toilet training.
- Consider whether the child can manage aspects of their clothing independently, such as pulling trousers or underwear up and down as part of the toileting process.
- Discuss the child's ability to wipe themselves after using the toilet. Reassure parents that this skill takes time, practice, and support to develop. Initially, focus on encouraging independence with simpler tasks, such as flushing the toilet and washing hands.
- Work together with parents to agree a toileting plan, ensuring a consistent approach is used both at home and within the setting.
- Encourage parents to share any concerns, successes, or difficulties so that strategies can be reviewed and adapted as needed. Agree how information about toileting progress will be communicated between home and the setting.