

All children grow and develop at their own pace but sometimes our children need a little extra support to meet their next developmental stage. We have developed this guide in conjunction with our Nursery and the School Nursing Service to help you to support your child to be ready for Reception.

If you need any further advice, please speak to your Health Visitor or visit ERIC at [eric.org.uk](http://eric.org.uk)

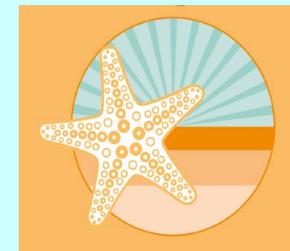
Kind regards,

New Horizons Primary School



## **New Horizons Primary School**

### **Guide to Toilet Training**

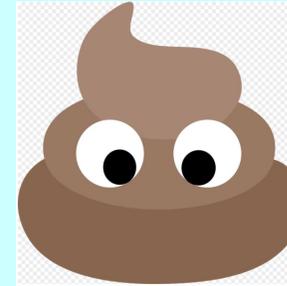


All children are different but most children are usually ready to begin toilet training at around 2-2 ½ years of age.

Some children may not show signs of being ready to toilet train, but rest assured 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 your child wears a nappy, the harder it may be to introduce a new place for them to wee and poo.

If your child is becoming ready to start their toilet training journey, they may...



- Tell you they have wee'd or poo'd and
- request to be changed.
- Inform you they are going to wee or
- poo before they do.
- Hide to poo or wee.
- Remove their nappy independently.
- Pull or point at their nappy.
- Once you child begins to show some of these
- signs it's time to prepare!

## Our Top tips-



### Crocs! (Or something similar)

These can be toilet training child's best friend. Little accidents can be just wiped away, dried and the shoe can be put back on. Even in the winter with multiple changes of socks these types of shoes are fantastic!

### Dresses or loose shorts

Clothes that can be pulled down or up easily are going to be the kindest clothes to dress your child in while they are toilet training.

### Travel potties and getting out and about

Do not be afraid to leave the house while you're supporting your child with toilet training. Encourage your child to use the toilet in lots of different places from early on. Travel potties can be fantastic for car journeys and days out.

Check out ERIC, the children's bowel and bladder charity's website for loads more information;

[www.eric.org.uk/potty-training](http://www.eric.org.uk/potty-training)

## Persevere



Never get disheartened, you and your child can do this! Accidents will happen, sometimes from the very beginning and sometimes when you least expect them after many successful days.

It is very important that you do not go back to nappies!

Once you have gone back, your child may lose interest and the desire to carry on toilet training.

Rewards can be helpful, such as sticker charts

But do not start a reward system which cannot be sustained. We would not suggest food rewards or prizes as this can be difficult, expensive and unhealthy to maintain long-term and these types of rewards cannot be supported at school.

The main thing to do is just to keep going, be patient, it is ok to feel frustrated, they will get it!

## Preparation

Before your child sits on a toilet or potty it is important to prepare them. We would suggest you do the following activities with you child so they have the best chance for toilet training success.

- Whether you are going to use a potty or a training toilet seat, go and purchase this with your child. Make them part of the decision, this will make them excited about the process.
- Explain to your child what the toilet/potty is for. Try to use positive language and an excited tone.
- Teach your child to pull down their own trousers/leggings/pants. This will mean that if they do have a sudden urge to go for a wee or poo, that they will be able to do this without a clothes barrier stopping them.
- Buy lots of pants/knickers/leggings/trousers and provide school or nursery with lots of spares!
- The summer is the ideal time to start toilet training as the warm weather means fewer clothes to get on and off

## Our recommendations and your options

There are lots of options when it comes to choosing a style for toilet training.

### **The jump straight in- This is our recommendation!**

Get rid of day time nappies and move to pants/knickers under regular clothing. Encourage your child to pull down their own trousers/leggings/underwear and sit on the toilet/potty roughly every 20-30mins. Do this for the first couple of days until you catch a few wees/poos and then slowly extend the period of time you encourage them to use the potty until they are asking to go.

**The naked approach** - While at home, have your child naked from the waist down and a potty nearby. When they show a sign of needing a wee/poo rush them to the potty. This can be effective, especially for summertime toilet trainers however transitioning from being at home to out and about and coming to school can be difficult as we cannot support this approach.

**The pull up approach-** Pull up nappies are an option and do result in less accidents. However pull-ups can confuse your child as they will not necessarily understand the difference between underwear and a pull up. When they show a sign of needing a wee/poo rush them to the potty.

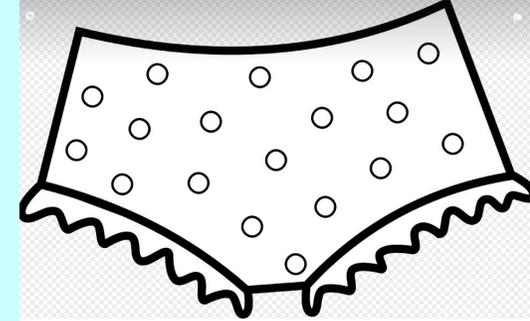
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## Beginning the journey!

It's now time to take the leap into underwear!



- Tell your child the night before at bedtime that tomorrow is the big day. Tell them not to worry and that it is going to be really fun.
- Start from the very beginning of the day reminding them when they wake up.
- Keep reminding them throughout the day, try to keep it at the front of their mind where possible.
- Regardless of how the first day goes, congratulate them at the end of the day and tell them how proud you are of them!
- Get ready for much of the same tomorrow.

## 7 top tips for potty training children with additional needs

1. Your child may take longer to learn, so don't rush the learning. The more consistent you are with your words and actions, the easier it will be for your child to learn.
2. Children with additional needs are more likely to suffer with constipation. If you think your child is constipated, get this treated before you start practising potty training. [Check ERIC's advice to help identify if your child might be constipated.](#)
3. It's important that your child feels relaxed, comfortable and secure about using the toilet or potty. Make sure the space is accessible to your child.
4. If you start potty training on the toilet, use a footstool to help your child feel confident and safe. This will also help your child get into the best position for doing wees and poos, with their feet supported and knees above their hips.
5. Help your child learn the physical skills needed by breaking them down into smaller steps and allowing your child to do the last step independently. For example, help them push their trousers down most of the way, then have them push the last bit down themselves.

## Potty training children with autism

Autistic children may also be more likely to suffer from constipation, which can cause problems in potty training.

Get more information about [supporting autistic children who have constipation on the ERIC website.](#)

If your child is autistic, developing a toilet routine can take longer, and involve its own particular challenges. Many children on the autism spectrum find a sudden change in routine or habit difficult. Therefore, the more you can do before you stop using nappies, the better, as this will make this transition as gentle as possible for them.

Here are some things you can try:

- Your child may behave differently than normal when their routine is changed, so let everyone who cares for them know why there could be a change in behaviour.
- It is often easier not to use a potty as part of toilet training to avoid a possibly difficult change from potty to toilet.

**6.** Encourage independence as soon as you see it developing, phasing out support once your child shows understanding.

**7.** Give your child plenty of positive encouragement and praise for the efforts they are making, not just the end result. This can help to keep them motivated and willing to move to the next step.

- Ensure everyone working with your child starts toilet training at the same time and follows your agreed approach.
- Observe your child over a few days to see when they do a wee or a poo. Identifying a regular pattern can help you take your child to the toilet with an increased likelihood of them doing a wee or poo.