

## Toilet Training Policy

### Aim

To support children's health, wellbeing and development by promoting effective toilet training at an appropriate time.

### Objectives

- Child's individual needs are identified and met
- Family cultural preferences are considered
- Toilet training is a positive experience; family and child feel supported throughout
- Daisy Chain supplies families with information and signposts to sources of further information about bladder and bowel health and toilet training such as ERIC website – [www.eric.org.uk](http://www.eric.org.uk) and ERIC's Helpline 0845 3708008

### Preparations

- The child's Keyperson will discuss the child's bladder and bowel health with the child's parents and the Daisy Chain Toilet Training guide will be shared.
- Families will be supported to decide the best time to toilet train their child.

### Assessment of readiness

- The first stage of toilet training is to recognise when the child is ready. It is essential that the child is;
  - Pooing at least one soft poo a day
  - Staying dry for at least an hour and a half between wees
- Other signs to look out for are;
  - Showing an interest in the toilet
  - They can follow simple instructions
  - Able to sit themselves on the toilet (low level, or potty) and get up again
  - Starting to show signs of awareness of when they have done a wee or a poo (children with additional needs may not show reliable sign of awareness. Toilet training should not be delayed; it is much harder to achieve when the child is older. Readiness can be assessed by monitoring the child's wee's or poo's)
  - Showing awareness that other family members and peers don't wear nappies, and that they use the toilet

Before the child attends Daisy Chain wearing pants, a Toilet Training Information Form will be completed with the child's Key person and parents. Before attending nursery in pants, it is better for children;

- to be confident in pants at home
- to notice when they 'need to go' and can hold until they are on the potty/toilet
- to have started asking to go or take themselves

### Delivery

- Daisy Chain will ensure that the facilities offered are suitable – easily accessible child sized toilets in cubicles, for health and hygiene reasons we do not use potties or toilet seats (unless required).
- Boys will be guided to sit down to wee
  - In the early stages children cannot differentiate between the need for a wee and the need for a poo. If they are standing up they may hold onto the poo and can easily become constipated.
  - The correct mechanism of weeing is triggered by relaxation – it is much easier to relax when seated
  - They may empty their bladder better when sitting down.
  - It is more hygienic as they are less likely to wee on the floor/over the toilet seat.
- Optimum timing for toileting is observed
  - Toilet visits planned for 20-30 minutes after meals (the most likely time for a child to poo)
  - Suitable interval left between prompts to wee (the bladder needs to be full to empty correctly)
  - Fluid intake is optimised – a minimum of 6 – 8 full cups of drink a day, spread evenly across the day
- Parents must ensure their child is dressed in clothes that are easy to pull up and down, and will supply several changes of clothes
- Daisy Chain will work with the child’s family to ensure a consistent transition from nappies to pants in one step to avoid confusing the child with a mixture of nappies/pull-ups/pants N.B. The child will still need a nappy for naps initially
- Daisy Chain staff will maintain a calm, supportive approach at all times; children should not be rushed or forced to use the toilet against their will. ‘Accidents’ are expected – children learn to recognise the sensation of needing a wee/poo by wetting/soiling.
- Daisy Chain staff will ensure the child is regularly encouraged and praised.

#### Communication

- Daisy Chain will ensure all staff are aware of each child’s current stage of toilet training to confirm consistent approach
- Daisy Chain will ensure a record is kept of successful toilet visits as well as wetting/soiling incidents in order to monitor child’s progress.
- Regular updates will be shared with parents with the expectation that they will share information about progress at home. Toilet training is a joint effort!

#### Trouble shooting

- Daisy Chain staff and parents must be alert for possible constipation; incidence is raised during toilet training as some children find pooing into the toilet frightening. (See Eric’s *Guide to Childrens bowel problems* for further information)
- If toilet avoidance is observed information will be provided – Eric factsheet *Children who will only poo in a nappy and other toilet avoiders*
- If the child does not seem to be making progress or regress the child’s bowel habit and fluid intake will be reviewed – see Eric’s *Guide to Potty Training*. An Early Years Healthy bladder and Bowl assessment may be completed. Daisy Chain may instigate a

discussion with the child's family to consider abandoning the process, allowing time to improve bladder and bowel health and to better prepare the child, starting again after a suitable interval.

- If ongoing bladder/bowel issues, information such as Eric leaflet *Thinking about wee and poo now you're on the way to school*, may be shared with family and prospect school.