



Oscar Bears' Day Care

Toilet Training Policy

Toilet training is a very important milestone for each and every child. The child requires reassurance and guidance at every step to make sure that they are fully supported and encouraged during this stage of their development. The Oscar Bears' staff are experienced in supporting you toilet train your child, but it is equally important that we ensure effective partnership and communication with parents in order to give the child continuity between their home and Oscar Bears'.

We ask that parents let us know when they start to think about toilet training to maintain consistency. If you think your child is developmentally ready to start using the potty or toilet we will endeavor to support you to the best of our ability.

Signs of toilet training readiness

- Your child is over 18 months of age. Research shows that children cannot voluntarily use the muscles that control their bladder and rectum until they are at least 18 months old.
- Your child is aware of the bladder/bowel movements, communicating what is in their nappy on occasions. This occurs approximately between 18-36 months, or later in some cases.
- They can tell you in advance of their bladder or bowel movements.
- They become uncomfortable and complain about dirty nappies.
- Your child can understand and follow simple instructions such as sit down, stay there.
- Your child can take off his own clothes and needs minimal help.
- Your child has the ability to sit still for a couple of minutes.
- Your child is developed physically, able to walk and sit down on the toilet without help.

Your child doesn't have to show all the above signs, but the more there are, the more successful your mission will be.

Getting Started

- It is a good idea to have a potty at home a while before toilet training begins, this allows your child to become familiar with it and its uses. It can become a very exciting new activity for your child to practice and role play with, even when fully clothed!
- Allow your child the opportunity to sit on the potty at nappy changing time.
- Talk to your child's key worker about what you have observed at home.



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- A good sign of being ready to toilet train is when a child shows awareness of the feelings of being wet or dry.
- Pull ups can hinder this process, as once toilet training they do not allow your child to feel the full extent of feeling wet or dry.
- Praise and encouragement for toilet training at each and every step of the journey.
- Toilet training is best to be done at a time of little disruption in the family routine and is always best to start at home before taking elsewhere. Summer is a great time to plan for toilet training as it means children can wear less clothing, making it easier for children to go to the toilet, but of course sometimes your child will make the decision that nappies are no longer needed and its best to encourage this decision if at the right stage of development.
Oscar Bears' requests that children have at least four uninterrupted days at home toilet training prior to coming into nursery without nappies.
- Parents and practitioners at Oscar Bears' need to have the same consistent approach to toilet training, along with anywhere else the child goes.

Resources

- Oscar Bears' provides size appropriate toilets as well as a variety of potties. We encourage you to allow your child to be in control of which potty or toilet they feel more comfortable using. When the process of using the potty is still new you may find that your child wishes to bring their potty into the nursery.
- Oscar Bears provides a private toilet area in order for your child to feel safe and secure.
- Take your child shopping to choose their own 'big' boy or girl underwear.
- Within our nursery environment we provide age appropriate toilet training books in both the preschool room and the baby room. Books can be a great visual way for children learning the process of toilet training through looking at pictures and time spent reading with parents/carers.
- At Oscar Bears' we have visual reminders placed around the nursery to support children with their hygiene routines.



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- Reward systems can be used by parental request. Children should be rewarded for using the potty/toilet instead of staying clean or dry. This can promote children using the potty/toilet especially if they have become 'bored' or 'distracted' during toilet training.

Things that may hinder toilet training

- It is very important to remember that all children develop at different rates. However, there may be occasions that a Child's health, physical development or cognitive development may disrupt what is seen as 'normal' toileting. If you think there may be reasons as to why your child is finding toilet training challenging it is important that you discuss this with your child's key worker. It may be necessary to seek the advice of a healthcare professional.
- Resist the urge to constantly ask a child if they require the toilet, constantly asking a child to go to the toilet does not allow them to either fully know the feeling of a full bladder as well as perhaps making a child resist the urge to settle their toilets needs and leaving it till it is too late.
- A child may have purposeful accidents and it is the important that this possibility is explored.

Purposeful accidents may be due to:

- Confusion
- Anger
- Attention (positive or negative)

Regression: Major changes in a child's life can cause a child's toilet training to regress. It is important to keep up with toilet training and not revert to nappies once the toilet training progress has successfully begun. During any regression it is important that we show the child that it is okay but discuss with the child specific ways in which to move forwards and for the accidents to not happen again. Working together allows the child to know that they are supported in the process. For toilet trained children as well as those being trained, regression usually doesn't last long if parents and carers respond calmly and support their child.

Oscar Bears three stages of support at toilet time:

Toilet training is seen as a self-care skill that children have the opportunity to learn with the full support and non-judgmental concern of adults.

Stage one – toilet training has just begun.

1. Staff will accompany your child to the bathroom each time they need to go.
2. Staff will regularly remind your child throughout the session to use the bathroom if required.
3. Staff will assist with clothing if required.
4. Staff will ensure that they follow hand and hygiene procedures and help with bottom wiping skills. This will be either with toilet roll or baby wipes.
5. Staff will remind and model appropriate hand washing procedure.



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6. Staff will adhere to children's wishes at all times.

Stage two - Emerging confidence

1. Children will be given the opportunity to use the toilet independently.
2. Children are encouraged to tell their key worker/appropriate adult prior to entering the bathroom.
3. Staff will remind your child at key points throughout the day (such as prior to meal times) that they may need the bathroom.
4. Children will be expected to pull up and down their own clothing.
5. Children will be verbally supported to use the toilet roll and wipe themselves. Staff recognise that additional support for wiping faeces may be required.
6. Staff will adhere to children's wishes at all times
7. Children will be verbally supported with hand washing.

Stage Three- Independent toileting

1. Children will be expected to inform their carer when accessing the toilet area.
2. Staff will not tend to offer toileting reminders. However, if a child appears to of not accessed the bathroom recently, staff will ensure that an appropriate discussion takes place.
3. Additional support to carry out hygiene routines will not be routinely offered however staff will continue to have a regard to what individual children are doing and remind when necessary to ensure that no child is in any discomfort due to not carrying out a hygiene routine.
4. Staff will adhere to children's wishes at all times.

Accidents do happen

When learning to gain full bladder control, children will have accidents and this can be embarrassing for a child and may cause some distress.

When dealing with accidents it's important that children are reassured, and that they are supported to realise why the mistake happened and how we can overcome the challenge next time.

If an accident happens at Oscar Bears':

- We will reassure the child.
- We will encourage the child to sit on the toilet or potty after removing any wet clothing, we will also encourage your child to remove wet clothing themselves.
- We will not discuss the accident in front of the child's peers.
- We will encourage the child to appropriately clean themselves with baby wipes and re-dress in dry clothing.
- We will encourage the child to wash their hands
- Staff will wear gloves.
- Soiled clothing will be placed in nappy bags and stored away from the children until the end of the nursery day.
- Underwear drastically soiled and beyond repair will be disposed of in the nursery clinical waste bin. Please inform staff if you do not want this to happen.
- Accidents will be recorded on the nappy change sheet.



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Please remember toilet training is often prone to regression when attending a childcare setting. Oscar Bears will ensure that additional reminders etc are put in place if required. If measures have been put in place to support a child with toilet training and no significant improvement has been made the parents and keyworker will sit down and develop an individual toilet training plan. This will ensure that we are giving the child the best possible support in order to achieve independent toileting prior to starting school.

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