



Little Sprouts Childcare

Grow And Play All Day

Potty / toilet training policy

At little sprouts we aim to work in partnership with parents and carers when you wish to start potty training your child. Each child is different and cannot be hurried into potty training before they are ready.

Many children will show strong signs that they are ready for potty training before the age of 3 years old. The bladder capacity increases significantly between the ages of 2 and 3 years, so that by the time they are 3 most children are able to hold on and stay dry for longer periods of time. Though some may be slightly earlier and some take longer, each child is individual.

When you believe your child is ready to be potty trained, you are required to start the process at home over a holiday period or for at least a week with regular success. We can always start off by putting your child on the potty at regular times of the day and at nappy changing time then progress from there. We would require your child to wear either pull ups or at least trainer pants until they can actually ask to use the toilet before they require it and can control their bladder / bowels a few moments beyond that announcement. Children will be required to be fully clothed when potty training and be able to pull down their own clothes.

Normal pants can only be used here on their own once your child has demonstrated full bladder and bowel control and asking for the toilet, we will discuss at the time when necessary. If using trainer pants please supply some nappies / pull ups for outings and sleep times until child is fully trained.

Whilst potty training children really need to wear suitable clothing, e.g. easy to pull up and down, no dungarees or baby grows with poppers underneath.

During potty training in normal pants, it would be good practice to supply at least 2 or 3 extra full changes of clothing, to include socks and footwear. Soiled clothes will be returned in a plastic bag at the end of the day.

We have potties and toilet seats readily available here and you do not need to supply them as we have limited space to store them.

Signs your child may be ready for potty training include:

- 'I can do it' becomes a regular refrain – showing that your toddler wants to become more independent.
- They have regular, formed bowel movements – may go red in the face and gain a very concentrated expression when about to go.
- Has the dexterity to pull their own pants up and down.
- Is interested when you go to the toilet yourself.

- Is dry for longer periods of time, up to three or four hours. This shows that their bladder capacity and control are improving.
- Can understand simple instructions.
- Has started to recognise the sensations that they need to go to the toilet and demonstrates this either verbally or by holding themselves or grunting.
- May complain about a dirty nappy.
- Has started to rip off nappy when it has wee in it.

Any accidents will be dealt with calmly and not to blame or discipline the child into thinking they have done something wrong. Praise will be used when a potty / toilet has been used.

It is not advisable to start potty training when there are any major changes in the child's life going on at the same time. We will also not begin potty training until the child has fully settled into the setting.

If after a couple of weeks, it is obvious the child is not ready, then it may be advisable to stop the process and re-try in a couple of months time. Please note the above are guidelines, we will discuss the individual requirements for your child when the time arrives.

Please note whilst we support potty training and will work in partnership with parents it is the parents' responsibility to train their child initially.

I will require you acknowledge you have read and understood this, Policy. If you have any concerns regarding this policy please discuss them with me.