

Toilet Training

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
- Green Roots 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 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 Green Roots 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 Green Roots 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

- Green Roots 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
- Green Roots 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
- Green Roots 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.
- Green Roots staff will ensure the child is regularly encouraged and praised.

Communication

- Green Roots will ensure all staff are aware of each child's current stage of toilet training to confirm consistent approach
- Green Roots 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

- Green Roots 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. Green Roots 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.