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Date policy reviewed:

## **Potty Training Policy and Procedure**

Being toilet trained is a skill that children need to develop independence, self-esteem and confidence to thrive at school.

Department for Education guidelines state that every child should be able to go to the toilet independently by the age of five.

When you feel the time is right to start potty training your child, we aim to work in partnership with you in order for the process to be consistent and to allow your child to progress effectively. Each child is different and shouldn't be hurried into potty training before they are ready. Equally it is important to spot the signs that they may be ready and to take action at the appropriate time.

Children show signs that they are ready at different stages of their development. These signs are a more important indicator than the age of your child.

Signs your child may be ready:

- Your child is staying dry for longer periods of time, often two hours or more.
- Your child recognises when they are in the process of urinating and defecating.
- Your child can follow simple instructions.
- Your child is able to sit and engage in an activity for several minutes without becoming distracted or becoming irritable.
- Finally, and perhaps most importantly, your child shows an interest in potty or toilet training. This could be that they want to keep dry or clean or they may want to wear 'big kid's pants'. They may also show an interest in what you're doing when you go to the toilet and express their wish to do the same.

If you try to potty train your child before they are ready, they may become upset or distressed as you will be asking them to do something which they aren't really able to control or understand. Potty training will be best accomplished when your child's physical and emotional development are taken into account and they are showing the appropriate signs of being ready.

When you believe your child is ready please take the time to discuss this with us. You will be required to start the process at home over a holiday period or at least a weekend. We could start off by putting your child on the potty at regular times of the day and at nappy changing times then progress from there.

We will 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 and bowel movements for a few moments to allow time to access the potty or toilet.

Normal pants can only be used within the setting once your child has demonstrated full bladder and bowel control and can ask for the toilet prior to going.

We will discuss this with you when you or we feel they have reached this milestone.

If using trainer pants please supply some nappies or pull ups for outings and sleep times until your child is fully toilet trained.

Whilst potty training, children must be dressed in suitable clothing, e.g. easy to pull up and down outfits and suitable vests with no poppers underneath.

During potty training please make sure you supply at least 2 or 3 extra full changes of clothing including socks or tights. Soiled clothes will be returned in a plastic bag at the end of the day.

Any toilet related accidents will be dealt with calmly and we will never blame or chastise your child into thinking they have done something wrong. Positive encouragement will be used and praise will be given when your child achieves any successes on the toilet or potty.

It is not advisable to start potty training when there are any major changes ongoing in your child's life or if your child is ill.

If after a couple of weeks there has been no progress made or it is obvious that your child is not ready, then it may be advisable to stop the process and re-try again at a later date.

We recognise that each child is unique and potty training or toilet training will differ slightly for each child. When the time comes, if you or your child have any individual requirements please discuss this with us and we will endeavor to accommodate your needs. Please do bear in mind however that we will need to consider the health, safety and hygiene needs of all of the children in our care whilst potty training each child.

If you have any concerns at any time in relation to potty or toilet training your child please do not hesitate to discuss this with us.

**Managers Signature:** Teamara Adams

**Date:** 01/05/2021

**Parent/Carers Signature:**

**Date:**



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