

Abacus Nursery - Toilet Training Factsheet

Children are individuals and develop at their own pace. Some children will control their bladder and bowels sooner than others but this can only happen when they are physically ready, which includes the development of their nervous system in order to send messages to and from their brain. Because of this, it is best not to compare your child with other children of the same age.

Top tips for identifying if your child is ready:

- They are beginning to know when they have a wet or soiled nappy and may tell you what they have done
- They have longer periods of dryness.

You can begin to prepare children for toilet training by having a potty around the house and letting them see others using the toilet. Explain to them in terms they understand. You could also share story books about using the toilet. The following stories are available:

- Pirate Pete's Potty: A Ladybird potty training book by Andrea Pinnington
- Princess Polly's Potty: A Ladybird potty training book by Andrea Pinnington
- I Want My Potty! (Little Princess) by Tony Ross.

Encourage your child to use the potty or toilet but if they are upset or seem to be having regular accidents, do not be afraid to stop and try again a bit later. Try not to make a fuss if they do have an accident, as this may make them feel worried and make the process more stressful. Praising your child for using the potty or reading a potty story may encourage them to use it if they are ready but remember, your child may not be physically ready so this may not always work. We also suggest that you buy a new set of knickers/pants with your child (allowing them to choose) as this may encourage them to embrace using the toilet/potty.

Please talk to their key person about preparing your child for using the potty or toilet. Together we can work out a plan to ensure that we are both using consistent approaches and language. We do ask you to start over a weekend so that they are in their home environment to start with.

While at Abacus your child may 'forget' to go as it is a very busy environment, staff will remind your child to go regularly though. Please bring lots of spare clothes to begin with, including shoes and socks. During this time you may find it useful to send your child to Abacus in shoes that can be rinsed or washed easily. Share what you are doing at home, e.g. any rewards or star charts so the nursery can contribute as well. Having regular conversations about your child's progress together will support you in ensuring that it is the right time and your child is ready.