

# Toilet training



## Top Tips for Potty Training

**Potty training is a crucial step towards independence for young children and can often seem like a daunting task for many parents. Transitioning from diapers to using the toilet is a major milestone, but it's important to remember that each child is unique, and there is no one-size-fits-all age for potty training. This process requires patience, time, and practice.**

*Shameem Akhtar our toddler room leader shares her top tips for successful potty training, helping to ease the transition for both parents and children.*

## Is Your Child Ready for Potty Training?

One of the most important aspects of potty training is ensuring your child is ready. Pushing them into using a potty before they are prepared can create anxiety and resistance. Here are some signs that your child might be ready for potty training:

- **Awareness of Bodily Functions:** Your child can tell you when they have had a bowel movement or urinated. They might also show signs of awareness by telling you as they are doing it.
- **Increased Bladder Control:** Your child stays dry for more than an hour at a time, indicating improved bladder control.
- **Behavioural Cues:** They may fidget, become quiet, or exhibit other signs when they need to go to the toilet.

**Interest in Potty Use:** They show curiosity or interest in using a potty or toilet, which is a positive sign they are ready to start learning.





## Tips for Potty Training Success

### 1. Talk to Your Child

- o Introduce the Concept Early: Begin discussing the idea of using the toilet during diaper changes. Explain what they've done in their diaper and how they will eventually use the toilet.
- o Make It Relatable: Let your child watch and mimic you or older siblings using the toilet. Talk through the process to make it familiar.
- o Create Familiarity: Purchase a potty early and keep it visible in your home. Allow your child to sit on it, even if they aren't ready to use it yet.
  - o Engage with Stories: Use fun and engaging stories about using the toilet to prepare them. Books like 'I Want My Potty' by Tony Ross or 'Pirate Pete's Potty' by Andrea Pinnington can be very helpful.

### 2. Pick the Right Moment

- o Avoid Busy Times: Choose a period when there are no major disruptions or changes, such as starting nursery or moving house. This helps reduce stress and distractions.
- o Relaxed Environment: Spend a few days at home to focus on potty training, keeping the potty accessible and having spare clothes handy for accidents.
- o Toy Involvement: Buy a potty for your child's favourite cuddly toy. They can practice with their toy, making the experience more relatable and less intimidating.



### 3. Be Prepared

- o Expect Accidents: Accidents are part of the learning process. Have plenty of easy-to-remove clothing like leggings or jogging bottoms with elasticated waists.
- o Child Participation: Let your child choose their underwear each day. This involvement can increase their excitement and willingness to participate.

### 4. Plan Ahead

- o Travel Ready: When going out, bring a travel potty, spare clothes, wipes, and hand sanitizer. This preparation helps handle any unexpected needs.
- o Incorporate Fun: Use songs and rhymes about using the toilet to make it a fun experience. For example, sing a potty training song to the tune of 'Row, Row, Row Your Boat.'

### 5. Stay Positive

- o Maintain a Positive Attitude: Stay calm and positive, even if your child has an accident. Avoid expressing frustration or disappointment.
- o Encouragement: Reassure your child that accidents are a normal part of learning. Positive reinforcement is crucial.
- o Reward Systems: Implement a reward system like a sticker chart to celebrate successes. The satisfaction of earning stickers can motivate them to use the potty consistently.



### Supporting Your Child's Journey to Independence

Potty training is a key development in your child's journey towards independence. At Sherwood Green nursery, we wholeheartedly support your child's growth and independence. No matter the age at which your child is ready for potty training, using praise and positivity will make this transition smoother and more enjoyable for both of you.