



## Orchard House Potty Training Policy

It's the little steps that take them to the path of becoming a "Big Boy or Girl"

For parents the dreaded mention of potty training can lead to stress and despair, but don't worry with our team of experienced practitioners we will be there to support you through every step of potty training.

### **How do I know if my child is ready for Potty training?**

There is No set aged to start the potty-training process, it all depends on the development and readiness of the child themselves. Your child will tell or show you when they are ready.

### **The signs maybe?**

- Stay dry for two or more hours, their nappy may be dry when waking up from nap times.
- When your child tells you that they are wet or uncomfortable.
- If your child asks to use the potty or toilet
- They hide when they are soiling their nappy
- When your child id able to follow simple instructions
- If your child can pull up and down easy clothing
- If they are showing sign of bladder control

### **When and how to begin the process?**

It's a good idea to choose a couple of weeks when you are staying close to home, making sure that you inform everyone that has responsibility for looking after your child.

NEVER start potty training if you are moving home, expecting a new baby or there is any stressful events about to happen in your life. Allow time for things to calm down so you can focus on the task of potty training.

Encourage your child to put their toys on the potty/toilet so they become familiar with it, allow them to choose their own "Big boy or Girl" pants ensuring that you have quite a few pairs to start with.

You can use stickers and reward charts to praise your child's efforts and successes. Let them practice pulling up and down lose clothing NOTHING to tight as this can be stressful for them at first.

Lastly take your child to the toilet with you demonstrating what to do, make it fun and exciting for your child.

### **What to do?**

Start a potty/toilet training routine, take them when they first wake up, before having something to eat and before going out. Throughout the day remind your child frequently to use the potty/toilet at least every 30mins to start. This should be increased as they gain bladder control.

It's always good to use positive words like "it's time to use the potty" or "let's try and do a wee/poo" avoid saying "DO YOU NEED A WEE".

Remember to always praise your child when they have successfully used the potty/toilet.

### **Its pants or nothing?**

Always use underwear throughout the day and only use a nappy for during the night, there is NO in between. If you are going out then take a travel potty with you, DO NOT put a nappy on remember there is no "on" or "off" with potty training.

You are either doing it or you not because your child will become very confused if you are NOT consistent.

Most children will find the poos the hardest to do, don't worry that will come with time if you are stressed it will cause the child anxiety too.

When your child begins to take themselves to the potty/toilet continue to put them in clothing that they can manage themselves, they will love independence and help with their confidence.

### **What you need to pack for nursery?**

- 5 pairs of pants
- 5 pairs of socks
- 5 pairs of loose trousers/shorts/skirts or dresses
- A spare pair of shoes

This is an exciting but challenging part of your child's development, but everyone at Orchard House will help you please DO NOT feel that you are alone.

GOOD LUCK

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