



## TOILET TRAINING

**Toilet training can be a daunting process for any parent, so how do you tackle it at the right time?**

Children begin to show interest in toilet training at different stages of development, it is vital that you stay true to your child and not compare their toilet training journey to any other child's. One of the first indicators of a child internally preparing for this stage is observing them taking an interest in doing things like flushing the toilet, talking about it, or roleplaying. Take these signs as a signal to introduce and begin seating them on the toilet to eliminate any anxiety around it, this can be done for a week or two while they are still in nappies. Your child's ability to express that they either need to wee/poo or have weed or pooed is the golden ticket, you can help your child with this by talking, in a very basic way, about the body's ability to pass waste while changing their nappy, it is often recommended that you do this from a young age. It would also be beneficial to ensure they have some independence in dressing and undressing. The act of pulling down their own trousers and/or pants and pulling them back up is vital for their self-esteem.

Once you feel that your child is ready to take the next step, begin the journey at home on a weekend and make sure your child's teachers know that you have done so, and how it is going. The consistency between home and the setting is paramount.



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If your child's first language is not English, please pass on words to the nursery for us to use to ensure your child is being supported in this area.

*"Learning to use the toilet is a natural process that begins when your child's desire to be grown up and his neurological development have reached the point where he can control his bladder and bowels. We don't train children to use the toilet, we support them when they are ready."* (How to Raise an Amazing Child: The Montessori way to bring up caring confident children, by Tim Seldin)

## **The next step**

Ensure your home environment is allowing the child to exercise their need for independence during their transition. It is often a good idea to skip the potty and try to go directly to the toilet. The potty often becomes an additional step that the child has to unlearn at a later stage. If you do use a potty at home, it is important that this remains in the bathroom. Be sure to leave some wipes, toilet paper and a set of clothing in reach. Involving your child in the process can make a huge difference. Remember that children are developing the need for privacy at this stage, we are obliged to honour this.



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Think about setting something up like this:

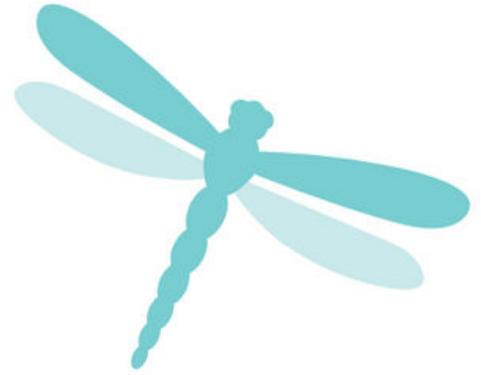


Our Montessori Inspired  
Toilet Learning Approach -  
Teacher and the Tots



## Your Role

- It is important to understand that toilet training needs to happen at the correct time for the child, not when it is convenient for the adult. There is often a window for opportunity that needs to be taken advantage of, a missed opportunity of peaked interest is very difficult to regain.
- It is a good idea to introduce your child to underwear as soon as you begin, the sensation of being wet is important for them to recognise that they needed to use the toilet. Pull-ups are a great alternative if you are not in the position to use underwear straight away, however, once you make the move, do not revert back to pull-ups. This can cause confusion and a knock in confidence for the child.
- Try not to become emotional if things are not going according to plan, your child will pick up on this and it may create anxiety or confusion.



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- Try not to become emotional if things are not going according to plan, your child will pick up on this and it may create anxiety or confusion.
- Incorporate toilet visits in your child's daily routine, and encourage going to the toilet before and after a nap.
- If your child uses the potty at home, have them observe you disposing of the poo or wee into the toilet, this signals that they go down the loo.
- Avoid dressing your child in jumpsuits, dungarees and skinny jeans.
- Use positive language when talking about the toilet, never force a child to go. Say 'It's time to go to the toilet', instead of asking 'do you want to go to the toilet?', your child will always answer 'no'.
- Do not overwhelm yourself and the child by tackling day & night toilet training in the beginning, toilet training is a process that takes time.
- Avoid scolding or over-congratulating – going to the toilet is the most normal thing to do and we should keep it in its proper place – no clapping or celebrating, this will lead to the child only wanting to use the toilet for a reward.
- Do not interrupt a child to use the toilet, e.g., wait until they finish an activity before offering to visit the toilet. This can often become a big reason as to why a child may avoid the toilet (as they associate it with separating from an activity of interest).



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### **When they don't make it in time...**

If a child becomes wet, stay calm and be reassuring. Don't make them feel ashamed. You may wish to say, 'I see you are wet. Let's go get some dry clothes.' Your child can get them from the supply in the bathroom and even help wipe the floor and wash their hands. Let them change at their own pace and give help if they ask for it or if they are overwhelmed. If they have wet clothes but they are playing with a toy, you can wipe up around them and wait until they are finished before suggesting you get some dry clothes. Some issues can cause a setback to toileting, e.g., the birth of a sibling, a divorce, or some other upheaval in daily life. The problem tends to resolve itself if the adult does not make a big deal about it.

*"There should be no pressure, no reward or punishment, no adult deciding when the child should learn to use the potty. The environment is prepared, and the child is free to explore and imitate in these natural developmental stages." (The Joyful Child)*

We are on hand for any advice and questions. Don't hesitate to speak to your Head or child's key teacher for support or assistance.



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## Products we recommend:



Dreambaby EZY - Potty Training  
Toilet Seat Topper, [Amazon](#)



Hillington Baby Toddler Potty  
Training Toilet Ladder, [Amazon](#)



Books, [Amazon](#)