

Teitl: Title:	Toilet Training - Toybox Nursery
Fersiwn: Version	1
I bwy mae'r Polisi hwn yn berthnasol? Who does this Policy Relate to?	Myfyrwyr / Staff / Myfyrwyr a Staff / Arall (rhowch fanylion) Students , nursery staff, parents and children

Cydraddoldeb ac Amrywiaeth / Equality & Diversity

Dolen at Gam 1 Asesu Effaith (ar Gydraddoldeb a'r Gymraeg): / Impact Assessment Stage 1 (Equality & Welsh) link:	<i>Not required - Guidance Only</i>
Effaith ar yr Iaith Gymraeg Mae asesiad effaith wedi'i gynnal ar y polisi hwn i ystyried ei effaith ar yr iaith Gymraeg yn unol â Safonau'r Gymraeg (94-104) a Mesur yr Iaith Gymraeg (Cymru) 2011.	Welsh Language Impact An impact assessment has been carried out on this policy to consider its effect on the Welsh Language in accordance with the Welsh Language Standards (94-104) and the Welsh Language (Wales) Measure 2011.

Adolygu a Chymeradwyo / Review and Approval

Perchennog y Ddogfen: Document Owner:	Rheolwr y Feithrinfa /Nursery Manager		
Ymgynghoriad / Consultation:	<i>Rhestrwch nhw / Please list</i> Nursery staff		
Dyddiad cymeradwyo / Date Approved	Cymeradwyaeth y Pwyllgor Mewnol e.e. Grŵp Diogelu / Internal Committee Approval e.g. Safeguarding Group		<i>Enw'r Grŵp a'r Dyddiad / Name of group & date</i>
	Pwyllgor Cyfathrebu a Diwylliant / Communications & Culture Committee:		22/01/2025
	Pwyllgorau'r Bwrdd / Board Committees:	Pwyllgor Archwilio a Risg / Audit & Risk Committee:	<i>Os yn berthnasol / If applicable</i>
		Pwyllgor Cwricwlwm a Safonau / Curriculum & Standards Committee	<i>Os yn berthnasol / If applicable</i>
		Pwyllgor Cyllid, Pobl a Diwylliant / Finance, People & Culture Committee:	<i>Os yn berthnasol / If applicable</i>
	Corff Llywodraethu / Governing Body:		<i>Os yn berthnasol / If applicable</i>
Dyddiad Adolygu: Review Date:	31/01/2028		

Anfonwch y ddogfen wedi ei chymeradwyo i'w chyfieithu gan ddefnyddio'r [Ffurflen Cais Cyfieithu](#)
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Rhifwch bob adran a pharagraff
Please number each section and paragraph

Toilet Training Guidance

For years toilet/potty training has been surrounded by 'Old Wives Tales' causing anxious parents to believe that their child should be out of nappies as young as possible. It is an old fashioned view that potty training should be introduced as young as 3-12 months; if the child at this age does happen to 'leave' something in the potty, this is merely a coincidence. There is no set time, it is an individual development, but children do not have bladder control until around 2 years old. It is pointless to begin training until your child at least knows when she/he is wet. It will then follow on to your child realising their toilet needs before the event.

It is important to remember that early training is no more a sign of intelligence than early development of teeth. It is also worth considering that a child who is being trained before bladder/bowel control is developed, may become dis-heartened due to a number of accidents and not want to use the potty, or even hold their bladder/bowel movements. This is often where problems can start.

There are a few points to consider when starting to toilet train:

- Does the child know when she/he is wet?
- Sit regularly on the potty – do not force!
- When he/she uses the potty – Reward

Q) When to start toilet training?

Toilet training should only start when the child is ready (usually from 24 months). Girls usually train before boys, but don't worry if your child is still not showing any interest when nearly 3; it will come and your child will probably be 'dry' quickly when not under any pressure.

Parents/carers must be committed, they must realise that accidents are going to happen.

Do not start toilet training if there has been a change in the child's life i.e. a new baby, new house, starting nursery etc.

Many people believe toilet training is best done in the summer, so that the child can run around without their nappy, as in the beginning they often don't realise until seconds before that they need the potty. It is often a good idea to always have a potty handy.

Q) How to introduce the potty?

It is advised that the potty is introduced a few months before starting the training, as a play thing – putting dolls, teddies on etc.

Children of potty training age are always eager to imitate what they have seen, so seeing other children using the potty/toilet may encourage your child to want to.

Have general chats about the potty/toilet, by 'teddy' (for example) having a wee/poo on the potty, or casually say maybe your child would like to try doing a wee/poo on the potty like a friend of theirs. It is important to be careful not to make your child feel pressured in any way.

Q) Potty or toilet?

There is no right or wrong answer, it is an individual choice. The advantage of a potty of course is that it can be portable. Some children however will not want to use one and would prefer to go straight on to the toilet. If this is the case, it is advised that your toilet is 'modified' to cater for your child. They will feel more secure with a step so that they can easily reach it (we all know how they like to be independent) and a child's seat is put inside the adult one.

It is also advised that children get used to using different toilets, so that mishaps can be avoided while out and about. Potty training can bring minor problems, of course. In the beginning accidents may occur while out shopping or visiting etc. It is maybe a good idea to go on the potty before leaving the house, or maybe have a potty in the car. Your child may be reluctant to go back into a nappy for such an occasion and may even become confused if their training routine is not consistent.

Working Together

As your child will be training at home and nursery, we at Toybox feel it would be beneficial to your child if we work together, ensuring that their toilet training is consistent both at home and at nursery to avoid any unnecessary problems occurring.

The staff and the health visitor had a brain storming session to devise the following list of Do's and Don'ts to make toilet training as smooth as possible for both you and your child. If you have any further queries, please don't hesitate to ask.

Toilet Training Do's

Do explain to your child what is going to happen and what to do.

Praise your child after using the potty/toilet.

Be patient.

Keep asking and reminding your child.

Make it fun e.g. fun potty, reward system.

Stick with the same routine. Be consistent, don't change from underwear to nappies, choose one and stick with it, both at home and in nursery.

Always have a potty where the child can reach it themselves.

Put the child in easy clothes to remove (jogging bottoms etc).

Discourage drinks of tea, coffee and coke.

Take lots of spare clothes to the nursery. Some children get upset having to wear nursery clothes.

After an accident, talk about it and explain what to do next time.

Toilet Training Don'ts

- Don't expect too much. It will not happen overnight.
- Don't shout or become angry with your child or tell them that accidents are naughty, no matter how many accidents they have had.
- Don't pressure a child into sitting on the potty.
- Don't make toilet training such an issue that both you and your child become distressed.
- Don't put your child in clothes that they cannot remove themselves i.e. dungarees, belts, stiff buttons etc.
- Do not limit drinks.

We recommend that after a week or so of trying toilet training your child does not appear to know when they need the potty that you abandon toilet training for at least another month.

Always seek advice from Nursery Staff or your Health Visitor if anxious or concerned.