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Mini Moos Toilet/Potty Training Support Resource

Firstly well done for accepting the toilet training challenge! We know it's a daunting prospect. Timing is key to give them the best possible opportunity to crack it in their comfort zone, so try and find a week where you can book the time off work and be at home the majority of the time.

We have a toilet training policy which I would urge you to read before starting, as that will give you guidance of what we are able to support here in the setting. We can adapt our procedures where it is possible to do so, so chat to us if something may not quite fit your child and we'll do our best to accommodate it. Please be mindful, if you request any amendments, they will need to still allow us to meet the needs of the other children in the setting effectively. 1:1 at home is very different to our 1:3, 1:5, 1:8 in the setting. That being said, here are our tried and tested methods that we hope you will find helpful.

Go all in! Mop and bucket at the ready! pants off, naked from the waist down, potty or toilet available close by. For your child not you! ;) Keep prompting them to sit on it, but they may not understand what they needs to do. To help them understand the sensation of a wee, sometimes they needs to do it by accident to work that out (which is why being naked from the waist down is helpful). It also removes the barrier of having to get trousers and pants down in time, but this is an important skill that needs to be re-introduced as soon as possible for us to be able to continue the progress in the setting.

Get lots of pants and get your shopping in! So you don't have to go out anywhere if you can help it. Use pullups when you need to (in the car/going out and about) so you don't have to pause your progress, but please understand this can be confusing as it feels like a nappy. Where possible, try and make it so you can stay in as much you can, so he can really embed the process. But if you really have to go out, put pants on under the pullup so they can't feel the nappy as much and will feel the sensation of being wet if they have an accident. We will use this method when they first come back to Nursery if they have had some relatively good success, but if they have been relatively dry over a good 4-5 days we'll commit without the pullup - just send us lots of spare clothes - socks and shoes included.

Poos are different! Some children find it really unsettling to poo on the toilet (although they may be fine doing it on there). If not, try a potty, or a piece of clingfilm (slightly sagging) under the toilet seat/on the potty so it mimics the sensation of doing it in a nappy to some extent. Sounds like you are pranking them but I promise its a tried and tested method! Failing that, as a last resort you can return to nappies for poos but I'd advise against that where possible, as it's mixed signals for him.



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Use a reward chart or reward system! Bribery is absolutely acceptable when potty training and it works!

Being dry at nighttime is a hormone thing, not a choice Some children are fully dry in the day but not at night until they are 7 and sometimes older. Some children can do both at the same time or on rare occasions do it backwards and are dry at night first. Which ever way your child does it, it's important to be aware it cannot be taught/forced. They will just do it when they are ready. I've always called my kids nappies a "night time nappy" or "nap time nappy" so they understand there is a clear difference. They'll usually be ready to try no nappies at night when you have had 1-2 weeks of dry nappies in the morning when they wake.

Stop the game for the toilet train! The novelty of the toilet/potty will inevitably wear off and they will soon find playing much more interesting than "stopping the game for the toilet train". I've always found this phrase useful to help them understand that they need to pause, (thanks Bing!) Explain to them the toys will still be there when they come back. Prompt them regularly to go until they start recognising the warning signs themselves. Jiggling around holding themselves is an obvious one! ;)

If they really don't seem ready, just stop! Finally, it's important to commit – and be firm, as they will often need encouragement to stick at it. However, there is a fine line between positively encouraging them with their progress and pushing them too hard. If you cross it, you may reverse all the hard work. Sometimes it is necessary go back to nappies and try the whole process again at the next available opportunity (just make sure it's a good one - like a week when the setting is closed/family holiday abroad where they can pee on someone else's carpet!)

Hope this helps and good luck!!

Some useful videos to share directly with your child – you can choose between a princess or a pirate!

<https://youtu.be/aoNoB9Lj5UE>

<https://youtu.be/KwJ8SFDfEP0>



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