

Potty Training Guidance

Little Stars Day care

Most parents begin potty training between 2 and 2 and a half. However, there is no set time. It is best to start when your child is ready.

When do you start?

- Your child should be able to indicate or anticipate a need to go. This can be either verbally or non-verbally.
- They can follow instructions.
- They know when they have a wet or dirty nappy.
- They can tell you that they are passing urine.
- They can follow a daily routine and there are no upcoming disruptions to their daily routine. (Holidays or family members staying).

Getting Started:

- Talk the child through the nappy routine so they know the difference between wee and poo. Use consistent language.
- Pull ups can be handy when you start potty training and can give children confidence when it's time to swap nappies for "grown-up" pants. They do not soak up wee as well as disposable nappies, so your child will find it easier to tell when they are wet.
- Follow your child's preference. Do they prefer a potty or toilet? Adapt your toilet with a child friendly seat.
- At first get the child used to a potty by placing them on it during their nappy changing routine and after meals. Provide books or toys if required to encourage them to sit.
- Place a potty upstairs / downstairs within their access to encourage independence.
- It is best to start boys sitting and then progress to standing.
- As soon as your child indicates a need to go encourage them to use the potty. Take one out with you if possible. (Disposable potties can be handy).
- Do not make a fuss if they have an accident. If they are not stressed or anxious they will be more successful.
- Use lots of Praise. Do not use food/sweets as rewards. Stickers are most effective.

Involve the Key Person:

- Potty training should ideally be started for two weeks at home, before we begin at the Day care. Talk to the key person. Share what is working well and areas that your child may need support. The key person will discuss with you when to start training at the Day care.
- Provide pull ups initially. Decide with the key person when your child is ready to wear knickers or pants at Day care. Provide 3 changes of clothes daily.
- Understand your child will have accidents at Day care due to distractions. Do not get upset or frustrated in front of your child.
- Consistency is paramount. Keep going and work with the key person.
- Use potty training reward charts. We can provide these upon request.

Be prepared that your child may have lots of accidents if you start early and they are not ready or if cannot indicate a need to go to others.