

Toilet training

at Nene Valley Primary School



- Children should stop using nappies between 18 and 30 months, this is best for children's bowel and bladder health. Being out of nappies not only helps children feel more confident and part of the group, it also means teachers can spend more time teaching and supporting children's development in other ways.
- The longer you wait, the harder it can be for your child to learn the new routine and feel confident without nappies.

If you need support in toilet training your child, please contact a member of the EYFS team by emailing the school office at: office@nenevalleyprimary.org

There are lots of things you can do to support your child in using the toilet, below are some tips and tricks to help support you.

? What to do

1. Change nappies as soon as they are wet or soiled

This teaches your child that it is healthy to be clean and dry.



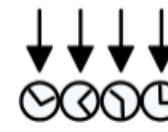
2. Introduce your child to a potty or toilet

Help their favourite doll or toy have a 'turn' on it, encouraging them to sit on it themselves.



3. Regular potty or toilet sitting practise

This can begin once they have been introduced to the potty or toilet, building up to several times a day



4. Encourage a healthy diet

Give your child a diet which includes fibre (e.g. fruit, vegetables and brown bread) to help to avoid constipation, which can make potty training harder.



5. Drink plenty of water

6-8 drinks spread evenly through the day. When introducing solids, offer water in a cup.



💡 Top tips



To have successfully toilet trained your child, they will need to be able to:

