



TOILET TRAINING IN PRESCHOOL

WHY NOW?

Your child is now in preschool, where most of their friends are using toilets. We aim to spend most of our time outdoors, especially in the spring and summer, and we do have an outdoor potty in a tent! We cannot, however, accommodate nappy changing units out at Forest School. We encourage you to start potty training now, so your child doesn't miss out on the activities during the time it takes for them to go back to the building and have their nappy to be changed.

HOW DO I KNOW IF MY CHILD IS READY?

Some children are ready before others, and that's ok. You know when your child is ready, when they tell you about their nappy being full, or simply by showing interest in going to the toilet. Don't miss the cues! You can help them gain interest in toilet training by reading books or watching videos.

HOW TO ENCOURAGE IT?

There are plenty of books about toilet training, you can find one based on your child's favourites (aliens, dinosaurs, pirates, princesses, etc.). You can go on a potty shopping spree and find one your child likes the most, alternatively, you can buy a toilet seat and a step to use with your toilet at home. Buy some fun pants/knickers. Agree on a reward – it doesn't have to be a toy, it can be a day out at the park, anything your child would enjoy. Start a sticker chart, and establish how many stickers they need to get that reward – make it achievable.

HOW LONG WILL IT TAKE?

This varies from child to child, some take a weekend, and some take months. But don't get discouraged and don't give up! Once your child is wearing big boy/girl underwear, going back to nappies will only confuse them and set them back, we suggest nappy pants/pull-ups instead.

HOW TO START?

Begin at home, at the weekend or when you know you'll be in for a couple of days. Give yourself and your little one time to do it. Don't ask "do you need a wee?" just say "toilet time" and take your little one to sit down on the potty/toilet. Try for a bit, if nothing's coming out try again in 20 minutes. Praise for every bit of effort, for trying as well as for actually doing a wee or a poo.

COMMUNICATE

Communicate with the key person/room leader when dropping off at the nursery. Go over the top when talking about successful attempts in front of your child. Pass on any sticker charts, so the nursery team can follow through. Let the key person know about the reward you agreed on with your little one, so the team can use it to encourage your child.

WHAT DO I NEED?

Acorn to Oak does not supply nappies once a child enters preschool and starts attending the forest school sessions so we ask that you send your child in pull-ups each day. We do not supply pull-ups so you would need

to bring your own pack with your child's name on it. Alternatively, you are welcome to bring lots of spare clothes. Please inform the key person as to what to do with heavily soiled underwear should your child have an accident – some parents prefer to just throw it away. We do not wash soiled underwear. We would wrap it in a nappy sack should you want to take it back home. We supply potties, toilet seats and steps, and an outdoor potty.

WHAT IF...?

What if we don't get it right on the first go? That's absolutely fine. Every child is different and takes different times to complete their toilet training. If the process is taking longer than a month with no results, you may want to decide to stop and try again in a month.

WE ARE READY!

The nursery team is ready to help you and support you throughout the process. We have done it many times before and can always provide you with helpful information and encouragement. Good luck!