



Waikerie Children's Centre
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TOILET TRAINING POLICY

Toilet training is a difficult new skill for children to learn. An effort to help a child use the toilet should come as a result of seeing signs of readiness and interest from the child, and not from a preconceived notion about when children should be trained, or a longing by adults for fewer nappies to change.

Most children are not ready to learn to control their poo and wee (bowels and bladder) until they are two years old and some not until they are three. Some boys are later than girls. Control over poo may happen before or after control over wee.

To be ready to use the toilet or potty, a child needs to:

- know when s/he has to do wee or poo before s/he does it,
- hold on for a short time so that s/he can get to the potty or the toilet
- can or attempts to pull down or lift up (remove) clothing to enable toileting to occur

The first sign that this will be happening soon may be that s/he tells you when s/he is actually doing poo or wee or when s/he has just done it. When s/he gets praise for telling you, s/he will soon be ready to move on to the next step of telling you before s/he does it.

A decision to begin helping a child at the Centre learn to use the toilet will be made by parents and caregivers together.

Children will need to wear a pull up or nappy until both parent and staff are confident that the child will not wet or soil their pants. This is necessary in order to maintain a high level of hygiene in the centre's surrounding environment.

Children who are toilet trained or in the process of toilet training may still need to wear a nappy or pull up during sleep time. Children often find wetting the bed to be upsetting and distressing so the decision to sleep without a nappy is one that both staff and parents need to agree on when they feel the child is ready and confident to do so. A sign of readiness is when the child has consistently dry nappies after waking from sleep.

Staff will be alert to signs of readiness and talk with parents about their observations.

Signs of readiness may include:

- understands simple instructions or simple words or signs
- is able to use simple words or signs to communicate

- showing awareness and communicating need to urinate or have a bowel motion
- taking an interest in others using the toilet
- pulling at wet and dirty nappy
- telling an adult they are wet
- telling an adult that they don't want to wear nappies anymore
- Stays dry for 1 to 2 hours at a time
- Does a reasonable-sized wee each time

When a child has begun toilet training at the Centre, the staff will:

- keep a written record of times child had an “accident”
- exchange information about child's progress with parents;
- give praise for success and be positive
- encourage hand washing with soap after a child uses the toilet
- provide information about toilet training to parents
- continue specific toileting programs that have been set up

To provide a safe and hygienic environment for everyone, children will be required to wear a nappy/pull up until they consistently use the toilet for wees and bowel movements. Once the parents and staff are confident the child is capable of using the toilet, he or she will need to wear underwear under their clothing. All children that are toilet trained must use a toilet while attending the centre. While accidents will occur they need to be kept to a minimum to ensure a high level of hygiene is maintained.

At no time during the toilet training process will any child be punished or made to feel guilty, ashamed or naughty for having an accident.

Toilet training will be a positive experience tailored to children's individual needs and cultural perspectives will be respected. Incontinence Agencies can be contacted to provide further support.

SOURCED FROM:

CYH www.cyh.com.au / Child and Youth Health Parent Help Line 1300 364 100
Novita Children's Services – www.novita.org.au

Updated August 2020

Review due August 2022