

Potty training:

Here at Preschool we are more than happy to support the toilet training process. Firstly, please let us know that you are starting potty training and dress your child in loose fitting clothing that is easy for them to pull up and down by themselves. Being independent is great for your child's self esteem and confidence!

Avoid dungarees, belts or tight trousers as often little accidents happen when children cannot remove their clothes quickly enough either independently or with our help.

Wherever possible dress your child in light colours, little accidents are hard to spot on denim or dark colours, and not all children will say or recognise that they have had a little accident. Sometimes the only way to tell is by touch, therefore wet clothes may only be spotted when your child sits on someone's lap or is physically picked up.

We regularly prompt and remind the children to go to the toilet throughout the day and we are always at hand to remind even the most engrossed child that they need to leave play occasionally to avoid little accidents from happening, however, accidents do happen no matter how often we take the children to the toilet and they are nothing to worry about! Please make sure that your child has a couple of changes of clothes with them (and shoes too please; gravity means they may get very wet too!). We do have spare clothes in Bunnies but children are always happier and more comfortable in their own familiar clothes.

When to start potty training?

Children are able to control their bladder and bowels when they're physically ready and when they want to be dry and clean. Every child is different, so it's best not to compare your child with others.

Bear in mind that most children can control their bowels before their bladder.

- By age one, most babies have stopped doing poos at night.
- By age two, some children will be dry during the day, but this is still quite early.
- By age three, 9 out of 10 children are dry most days – even then, all children have the odd accident, especially when they're excited, upset or absorbed in something else.
- By age four, most children are reliably dry during the day.

If they're not ready, you won't be able to make them use a potty or toilet. In time, they will want to use one – most children won't want to go to school in nappies any more than you would want them to. In the meantime, the best thing you can do is to encourage the behaviour you want.

There are a number of signs that your child is starting to develop bladder control:

- they know when they've got a wet or dirty nappy
- they get to know when they're passing urine and may tell you they're doing it
- the gap between wetting is at least an hour (if it's less, potty training may fail, and at the very least will be extremely hard work for you)
- they show they need to pee by fidgeting or going somewhere quiet or hidden

- they know when they need to pee and may say so in advance

Potty training is usually fastest if your child is at the last stage before you start the training. If you start earlier, be prepared for a lot of accidents as your child learns.

It usually takes a little longer for children to learn to stay dry throughout the night. Although most learn this between the ages of three and five, up to one in five children aged five sometimes wet the bed.