

## Educational Services

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Dear Parents/Carers,

We have a number of children in the Early Years Centre who are still in nappies but are ready to be toilet trained. Changing children takes staff members off the floor or a considerable amount of time, meaning they are not available to interact with your children and promote their play and learning. Toilet training is challenging for everyone. Some children get it in a matter of days, but for others it can take longer.

### Practice and Patience

Starting toilet training can be a common source of stress. Being patient and remembering that it is all new to your little one (and keeping a sense of humour!) will help you and your wee one to get through it together.

Once you feel your child has got a rough idea of what it is all about, get a potty or toddler toilet seat and step – whichever you plan to use – and let your child get used to it. At first, they'll probably use it as a toy.

You can help them to find out what it is really for by playing at putting a doll or a teddy on it. Kids this age love to copy you, so let them come with you when you go to the toilet. Talk about what you're doing in simple terms and let them use the flush if they are not scared by the noise. Avoid words like 'dirty' that may cause your child to feel unclean. Be patient and try not to expect too much, too soon.

Your child might get the hang of wees before poos, or the other way around. It will all work out with time.

Please click on the link for more information and support : [Toilet training your toddler | Parent Club](#) Holidays are a really good time to focus on toilet training, when the children are at home and have the toilet or potty close by and can avoid having too many accidents. There is lots of help available. If you have questions about toilet training then speak to your Health Visitor or one of the staff in the Early Years Centre as they have lots of experience and will be able to help.

Yours sincerely

*Louise Morrison*

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Head Teacher