



## Factsheet for Families

# Toilet training in child care

Learning to use the toilet is a significant and natural milestone in your child's development, but families often have concerns about how toilet training will work when their child is at child care. The educators at your service should support both you and your child through this process. It is important to maintain consistency in toilet training routines between home and the child care service to make the process easier for your child. Once they have learnt to use the toilet, both you and your child will have greater independence.

### Common signs that your child is ready to begin toilet training:

- When your child has a dry nappy for longer periods of time it indicates that they have some control over their bladder and may be ready to start learning to use the toilet
- Your child may pull at their nappy when it is wet indicating that they can feel and understand that their nappy needs to be changed
- Your child may come and tell you that they've done a 'wee' or 'poo' showing that they understand what is going on.

### What can educators do to support you and your child?

- Communicate regularly with you to make sure that the same toilet training strategies are being used at home and at care
- Keep a record of your child's toileting routine during the day so that you know about their successes, and have an idea about how they are progressing
- Be positive about toilet training so that their encouragement is reinforced in their language and actions
- Have processes for managing accidents, including for the hygienic handling of wet and soiled clothing and ensure that you know about how this will be managed
- Be patient and encouraging with your child, ensuring they are praised for all of their efforts and not made to feel ashamed of any accidents or setbacks.

### What can you do to support your child's toilet training while they are at child care?

- Regularly share ideas and strategies with the educators about how to successfully help your child to learn to use the toilet
- Ask to see the service's toileting procedure to see if there is anything you can do at home which will help maintain consistency
- Dress your child in clothing that they can easily pull up and down themselves. This helps them to be independent and can reduce the likelihood of accidents occurring
- Provide several sets of spare clothing in case of accidents, especially in the beginning. If wet or soiled items are sent home in plastic bags, it may be worth supplying a few of these too (but give these to an educator rather than leaving them in your child's bag where they may be accessed by children)
- Praise your child for their success while at care and avoid reacting negatively to any accidents or setbacks.

To discuss any questions you may have about your child and toilet training, please speak to:

or telephone:

[www.ncac.gov.au](http://www.ncac.gov.au)