



Dear Parents/Guardians,

We hope you and your family are well and are looking forward to September, when things will hopefully be a little more normal.

We are aware that your child may still not be toilet trained and this could be an issue for returning to school in September. If this is still the case in September, due to concerns with Covid-19, as a school we have had to make changes to our practise, in order to reduce the risk of transmission. Changing any children who are not using the toilet independently, will involve close proximity and therefore, to aid school can we ask that your child is sent into school in pull-ups and not nappies.

A toileting schedule will be in place, where the children are taken at regular intervals to the toilet and encouraged to be independent, hence the request for pull-ups.

If your child requires a full change at any point in the session, you will be requested to collect them and ensure that they are cleaned appropriately. You will need to bring the necessary items with you, as school has a limited supply of spare clothing. This will also help your child to feel more comfortable about the situation. Our aim is to reduce the spread of the virus and to transition to a new normal as quickly as possible.

Can we please also ask that you use this precious time to do your utmost to continue to toilet train your child. This will not only support your child's wellbeing but also Woodlands' endeavours to keep the virus at bay.

A leaflet has been enclosed to give some helpful tips on toilet training. We hope that this will help you and your child.

Stay safe and we look forward to seeing you all in September.

Kind Regards,

Woodlands Academy of Learning

Toilet Training

Whether you are toilet training straight away or making the transition from potty training to using the toilet the principle remains the same. Some children might find the prospect of using a toilet very scary, they might think something is going to bite them on the bum or they might think they will fall in. You may also be anxious about toilet training, but this may make your child anxious, so try to keep a calm relaxed attitude.

Begin training at a 'calm' time – try to avoid times of change e.g. new baby, house move, illness etc. Develop a routine that will fit around family life and stick to it. Sit your child on the toilet at regular intervals eg, every hour and if they are not doing anything increase that time to 2-3 hours. Ask your child regularly if they need a wee. When your child is sitting on the toilet, praise and encourage at all times. Do not restrict their drinks as this will make your child thirsty and fretful.

Here are a few hints and tips to help you and your child to toilet heaven!

- Buy a step or a child toilet seat, ensure it is age appropriate - involve them in the buying process
- Help your child by putting on clothes that can be removed easily i.e. button, Velcro etc, this might encourage them to go on their own more
- Let your childminder/ nursery know the process you are using, otherwise this could give your child mixed signals
- Let your child see you on the toilet, they will learn quicker by being shown what to do rather than being told
- Pull ups/ nappies are designed to be very comfortable BUT your child needs to understand the uncomfortable feeling of soiling their pants to encourage them to use the toilet. Encourage them to wear pants NOT nappies/ pull-ups.
- Encourage your child to choose their own underpants or knickers, as sometimes your child may be less willing to soil them.
- If you are trying to stop nappies at night time take them out of bed and to the toilet before you go to bed, they will probably still be fast asleep and you can have some very funny conversations with them
- Talk to your child about 'wees' and 'poos', the 'feeling' of needing to go to the toilet and the feeling of 'doing' it.
- Poos are more predictable than wees, so try to note what time of the day they regularly go, then encourage them to use the toilet at this time. This may be after a meal or a warm drink.
- Look out for signs that they need a poo, like the reddening of the face, standing still, crying or pointing.

There are lots of ways to encourage your child to use the toilet.

- ✓ A toy or a book can be put by the toilet, so a visit to the toilet can be interesting or fun.
- ✓ Blowing up a balloon or blowing bubbles while on the toilet can encourage children to relax and open their bladder or bowels.
- ✓ Put toilet paper in the toilet before your child sits down, as this can stop water splashing on their bottom and also making a noise when they wee or poo.
- ✓ When the nights are dark, leave the light on in the toilet so your child doesn't worry about not being able to turn on the light or about it being dark.

Remember accidents happen, so clean up the mess and never shout or punish your child. Think of yourself as being there to help a natural development, and be persistent, not insistent.



Above all be patient and praise and encourage at all times.