



Toilet Learning Policy

Children develop control of their bladder and bowel between 18 months and 3 years. There is no set time for children to be toilet trained, and this may take months.

Procedure:

Stepping Stones Child Care Centre staff will approach families to discuss toilet learning when their child begins to show signs of interest in toileting. To be ready to use the toilet a child first needs to be able to tell when his or her bowels or bladder is full.

Signs of interest in toileting may include:

- Understanding of their nappy being wet or dirty.
- Can hold until they go to the toilet.
- Can pull down their own pants.
- A child telling you when he or she is actually doing a wee or a poo or when he or she has just done it.
- Showing an interest in the toilet / bathroom.
- When the child is able to tell you they need their nappy changed.
- When the child takes an interest in others using the toilet.

It is essential that a similar routine is followed at home and at Stepping Stones Child Care Centre. This routine should be developed in consultation with each family and Centre staff. It is important that words needed for toilet learning such as wet, dry, poo, wee etc are used during toilet learning and are discussed with children.

It is important children that are toilet learning are not left to self toilet, as they are still learning these self help skills and may require an adult's assistance.

It can be confusing for children to use the toilet one day and wear a nappy the next, it is vital that once your child begins toilet learning that they continue to wear underpants and are encouraged to use the toilet. Stepping Stones Child Care Centre encourages families to put their child in underpants rather than "pull-ups" as pull-ups are very similar to nappies and do not provide the same feeling as wet or soiled underpants.

Hygiene Procedures:

- Staff are to wash and dry their hands, then put gloves on.
- Remove nappy, or encourage child to remove underpants and clothing, providing assistance if required.
- Assist child to sit on toilet.
- Encourage child to clean from front to back with toilet paper, providing assistance if required.
- Assist the child off the toilet, and encourage child to flush the toilet, assist where required.
- Encourage the child to put on underpants and clothing or carer to replace the child's nappy (following the nappy change procedure), providing assistance if required.
- Peel gloves off, turn inside out and place in bin.

- Staff are to use gloves to place any soiled clothing into a plastic bag. The child's name and description of contents is to be written on the plastic bag, and then placed on the hooks provided in the bathroom.
- Peel gloves off, turn inside out and place in bin.
- Assist child to wash and dry hands and return to play area.
- Staff to wash and dry hands.
- Staff to document on the Nappy/Toileting Record.
- "Clothes in Bathroom" is to be written on the communication board in the child's room.
- Children's bathrooms are to be cleaned following the Stepping Stones Child Care Centre "Bathroom Cleaning Procedure", which is displayed in each bathroom.

Suitable Clothing:

It is essential that your child is dressed in clothing suitable for toilet learning, these include underpants, shorts, pants, skirts, etc. Overalls, stockings etc are not suitable clothing for toileting as they are difficult for the child to remove.

During toilet learning, children may have accidents because they have not developed enough control to wait to get to the toilet. Stepping Stones Child Care Centre asks that families provide at least 6 changes of clothing for children who are toilet learning, this includes underpants, shorts/pants, shirts and a pair of shoes.

To avoid accidents:

- Children should be asked to go to the toilet during long play times.
- Children should be asked to go to the toilet before leaving home, before leaving the centre etc.

Source:

- Parent Link www.parentlink.act.gov.au or 13 34 27.
- Novita Children's Services www.novita.org.au
- "Toilet Training" Queensland Health – Helping to care for your child's health, Royal Children's Hospital and Health Service District.
- Staying Healthy in Childcare – 4th Edition.

This policy links to the following CCQA Principles:

Quality Practices Guide (2005) - Principle 1.2, 1.3, 6.3 and 6.4

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