



# Toilet training



**Toilet Training Resources and advice** NHS and Health visitors will recommend [Home - ERIC](#)



The Children's Bowel & Bladder Charity

## Toilets and school readiness - ERIC

As your child begins their school journey at Nursery, please remember it is important to:

### Practice

Encourage the use of the toilet outside of the home and normal routines. They will learn to ask for the toilet when there are distractions. They will get to experience different types of flushes and hand dryers and situations. Help your child to develop their skills at cleaning themselves daily.

### Prepare

Consider the type of clothing your child will be wearing at school, make it as easy as possible for your child to undress. Buttons, zips and tights can be tricky for children so look for elasticated waist bands and long socks where possible.

[Potty and toilet training - support for parents from action for children](#)

### **Toilet accidents whilst at school**

For some children it just isn't possible to get clean and dry before they start school. Like with any big change in routine, there's a lot for your child to adapt to when they first start school and toileting accidents are common. It may be the first time they've used the loo away from home and there are lots of distractions in the classroom. Pack them a bag with some spare clothes, pants and wipes so they have these ready. Accidents usually settle down after a few months, but if you're feeling worried, speak to your child's teacher and look at our resources on bladder and bowel problems if you think something else could be going on.