



Supporting Children's Selfcare

Tackling toilet training effectively

Every year, for the past few years, toilet training has hit media headlines during April. School readiness becomes a discussion point for professionals as we look towards the summer term.

How can research help us offer more effective support to both children and parents?



A recent Webinar Wednesday focused on how to support children's self-care effectively; specifically on the independent hygiene habits of toilet training and hand washing. ***How effective is your current approach?***

Consider using the following six questions to help you reflect.

How do you identify who is ready for toilet training? The webinar suggests a continual cycle is helpful, to identify when toilet training becomes an appropriate priority for the child and family.

Are hygiene routines used regularly, consistently and as part of everyday routines as a learning opportunity? The webinar highlights five key teaching practices that can be used to help make learning meaningful in the moment.

Does your current approach effectively engage parents and promote consistency between home and setting? The webinar shares example resources such as Toileting Plans and Parent Top Tips Sheets, which can help ensure that key workers and parents have a shared understanding of supportive practices.

Are resources readily at hand in different formats? The webinar signposts to lots of new high quality resources that can be used with parents, such as Tiny Happy People videos, Help for Providers information, Foundations Years and ERIC advice.

Are we unintentionally widening the gaps for some children? The webinar encourages self-reflection on parent engagement strategies; to ensure that approaches are in place which meet the needs of all children and families.

What impact will any changes you make have on your provision? The webinar suggests *caution*, when introducing any significant changes and suggests considering your *priorities*, the *practicalities* and *key practices* first.

To find out more watch our Webinar Wednesday recording;
[Click to view; Promoting children's self-care through supporting effective hygiene habits.](#)

To view the resources discussed use the QR code;

