

Families' Health and Wellbeing Service (0-19)
Children and Families Single Point of Access
Anglesey House
Towers Business Park
Wheelhouse Road
Rugeley
WS15 1UL

Telephone 0808 178 0611 (press option 1)

September 2025

Dear Headteacher,

According to the Kindred Squared School Readiness Report January 2025, in an average class of the 2024 Reception cohort, 25% of children were not toilet trained.

However, the advice and practice regarding toileting has changed over the years, leaving many parents confused about the right approach to take for their own child.

We are writing to you to offer evidenced based toileting resources that you can share with parents, where needed.



ERIC is the UK's leading Children's Bowel & Bladder Charity and support children and teenagers with a bowel or bladder problem and their families.

They have a wide range of resources that can support toileting for all children, including those with additional needs or disabilities, for example:

[Potty training: how to start & best age to potty train - ERIC](#)

ERIC free **Helpline**: [0808 801 0343](tel:0808 801 0343) Mon to Thursday, 10am - 2pm

ERIC **Podcasts**: [ERIC Helpline Podcast - ERIC](#) e.g. Episode 13: Potty Training

Free **live webinars** [Family webinars - ERIC](#) Typically 1.5 hrs in length and usually start at 7pm. Families can use the same link to subscribe to ERIC's 'Calendar' for forthcoming events.

SEND's children [Potty training children with additional needs - ERIC](#)

Families where English is **not their first language** [Information in other languages - ERIC](#)

ERIC homepage: [Home - ERIC](#)



ERIC also have resources for children who are anxious or fearful about using the toilet, or will only poo in their nappy, for example.

One of the biggest factors that impact on toileting is childhood **constipation**. It affects 1 in 3 children at any one time, commonly starts around the potty training stage and can also affect babies. It is a medical problem that needs treating properly to stop it getting worse. Constipation won't go away by itself. [Constipation in children: symptoms, causes and relief - ERIC](#)

Many parents have difficulty recognising that their child is constipated. This chart is a visual tool that can help with recognition: [Bristol Stool Chart](#)

Further support:

- ❖ Bladder and Bowel UK (BBUK) are a charity, like ERIC, that offer specialist advice to help children and young people affected by bladder and bowel issues. [Advice on Bladder and Bowel Problems in Children and Young People](#)
- ❖ Children with a disability: [Potty and toilet training | Contact](#)
- ❖ Children with Downs Syndrome: [Toilet Training - Down Syndrome UK](#)
- ❖ Children with Autism Spectrum Disorder: [Toileting - a guide for parents and carers](#)
- ❖ Support for Early Years Provision: [ERIC launches online potty training courses for early years practitioners - ERIC](#) [Resources for early years settings - ERIC](#)

Health professionals at our CaFSPA, or Hub, can respond to any questions or concerns parents or Carers may have about their child's wee, poo or toileting.

Covering Staffordshire County: Freephone 0808 178 0611 (option 1)
ChatHealth Text Messaging Service: Parents/ Carers text: 07520 615722

Covering all localities in Stoke-on-Trent: Freephone 0808 178 3374
ChatHealth Text Messaging Service: Parents/ Carers text: 07312 277161

Chat Health for Parents/Carers living in Staffordshire and Stoke on Trent. This is available Monday to Friday 9am-5pm. (excluding bank holidays), standard text costs apply.

COUNTY ONLY: Our Families' Health and Wellbeing Service offer virtual group sessions on 'Toilet Training'. Families can book here: <https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing/staffordshire-clinics#accordion-11999>

Yours Sincerely,

School Nursing Team
Children and Young People Targeted Intervention Service