

POTTY TRAINING PROCEDURE

Potty Training: Parent (s) Are You Ready?

Is potty training on your radar? Are you a pampers or pull up parent? Are you mentally prepared to take on the challenge and stick to it? These questions may seem absurd, however as a parent the best thing you can do is be prepared. Trial and error will make potty training stressful for you and your child, therefore your readiness to see it through is the first step toward success.

It has become a trend that more and more parents are using pull up diapers. It has been my experience when potty training that pull ups do not aid in the process. So, why are so many parents buying them? The diaper business is a multi-billion-dollar industry. They know when your child is a baby every dirty diaper has to be replaced by another and that means more money in their pocket. Once your child gets older the company knows they are going to lose business. What is a company to do? They create a diaper you need to buy after diapers- pull ups. Pull ups are an advertising ploy to get you to remain a customer for a longer period of time. Whatever your decision you must be consistent.

Let's stop for a moment and think. Is your child ready? Is he/she showing signs of readiness such as: staying dry for lengths of time, expressing an interest in using the toilet, and being able to pull clothes up and down. Potty training can be frustrating for a child. Getting prepared mentally and physically is crucial. This means getting everyone who will care for your child during this time on board. Preparing for those inopportune moments when your child has to go and you are on your way out the door with coats, hats, boots and gloves on. What do you do when you are in the department store and the urge to go occurs just when you are in line with items in tow? These moments are inevitable so get ready.

Ready...Set...Let's Go!

You have decided you are ready. Your support system is in place. Now you just need to relax. Accidents will happen. You and your child's teachers will work together to develop a plan for potty training. Share your own philosophy and any concerns you have. Mutually agree on how you'll handle potty training and make sure that you are consistent in following the plan during the evenings and weekends. Communication is imperative. Let your child's teacher know when your child last went to potty when you drop off in the morning and at the end of the day. Read the All about my day Report for detailed information. Teachers will share with you the times your child uses the bathroom at school. It will be helpful to use the same schedule at home. Come prepared. Accidents are bound to happen during the first few weeks of potty training, so make sure your toddler is prepared to cope with potty accidents. Be sure to send your child with plenty of clean clothes. **Skip the onesies, blue jeans, or overalls, belts, etc.** and **opt for soft, loose pants with an elastic waistband.** These clothes will provide independence and ease as your child transitions. Send your child in velcro shoes that come off easily and don't forget extra socks. Potty training is a major developmental milestone and there will be natural setbacks. Breathe and release your frustration with every breath. Relax you can do it. Make sure that your child is really ready before you start potty training. The age of readiness varies from child to child. Some children are very motivated and learn to use the toilet quickly. Others need more time before they completely master this developmental task. You, your child, and support system can do this. It will soon be a thing of the past and you and your child will be looking toward a new and exciting milestone.

Lastly, keep the communication lines open with your child's teacher. They are there to totally support you and your child.

When you feel your child is ready for potty training, we ask that you let us know when you plan to begin. We would like to support you. Let's plan together. Ask teacher for a Potty training information form. A weekend or vacation period is a perfect time to start.

POTTY TRAINING PROCEDURE

We require that the child be at least 2 years of age and **must also** show signs of readiness (Please read the Potty Training Readiness Checklist below). The child **must** be kept in diapers or pull-ups (your choice) at all times. Please use the velcro pull ups that are easily removed. Please keep in mind that the activity level here at the center can distract your child from responding to an urge to use the potty, more so than at your home. Therefore we will use diapers until your child remains dry for two weeks throughout the day, can announce that he/she has to use the bathroom and can control his/her bladder and bowels for a few minutes beyond that announcement. It is required that parents provide pull-ups if they desire to use them (until child is ready for underwear) and a few extra change of clothing.

Proper Clothing

Do not bring your child in panties or underwear until your child remains dry for two weeks throughout the day, can announce that he/she has to use the bathroom and can control his/her bladder and bowels for a few minutes beyond that announcement. During potty training your child must be dressed in "User friendly" clothing at all times such as: Soft, loose pants with an elastic waistband which will aid in developing independence. Be sure to send your child with plenty of clean clothes.

No tight clothing
No shirts that snap in the crotch
No pants with snaps & zippers
No overalls or bib type clothing
No belts

The clothes listed above can make it difficult for your child to reach the potty in time. Your child also needs to be able to pull his/her pants up and down and these items will hinder your child's ability to do so.

Required Supplies

The following items are to be left at the childcare program and replaced as needed. Soiled clothes will be returned in a plastic bag at the end of the day.

Two (2) changes of clothing including socks (an extra pair of shoes if available) A bag of pull-ups (if you choose to use them)– you will be notified when the supply is running low.

Potty Learning Schedule

For the first week, the child will be scheduled to use the Potty at consistent times of the day whether the child indicates the need to use the Potty or not.

Upon arrival at the center	7:00 - 8:45am
Before outside play-early drop off	9:30 - 9:45am
After Lunch	11:40 - 12:00pm
After nap	1:45 - 2:00pm
Before outside Play	3:45 - 4:00pm
Just before going home	5:45 - 6:00pm

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Potty Training Readiness Checklist

Verbal Stages of Readiness

Basic verbal skills: The child is able to speak in three to four word sentences

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| Stage 1 | The child tells you he/she has a wet diaper, recognized when he/she is wet. |
| Stage 2 | The child tells you he/she is wetting, recognizes the sensation of being wet. |
| Stage 3 | The child tells you he/she will wet, can control himself and uses the potty. |

Physical and Psychological sign of readiness

1. Stays dry for a long period of time (the child is able to "hold" his/her urine and bowel movement).
2. Can recognize when diaper is wet or soiled.
3. Has bowel movement at regular times (child chooses when to move its bowels)
4. Adult can recognize when child is moving his/her bowels (Child is deliberately moving bowels)
5. Can undress and pull up his/her own pants (Important because this is the work of the child not the caregiver)
6. Initiates interest in using the potty and asks to wear underwear.
7. Wants to be independent which is very important for the learning process.
8. Child is emotionally ready and is open to learning (is child generally cooperative?)
9. Can follow three and four step instructions (this is critical for learning to urinate or move bowels, wipe himself and wash hands)
10. Can use consistent words or gestures to communicate.
11. Can physically get to the potty and sit on it without help.
12. Must show a willingness to want to sit on the potty and understand its function.



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Potty Training Policy Agreement

I have read the Potty Training Policy in its entirety and I agree to abide by the policy set forth.

Childs Name

Childs Name

Parent/Guardian Signature

Date

Parent/Guardian Signature

Date