Toilet Training Policy

When you feel your child is ready for toilet training, we ask that you begin teaching at home. We will follow through and encourage your child while they are in our care. Daily communication between the parent and teacher is very important.

**BEFORE SENDING YOUR CHILD TO SCHOOL POTTY TRAINING:**

* Email your child’s teacher at least one week in advance of your plan to begin potty training so that we can be prepared in the classroom.
* Allow 4 or more days at home dedicated to potty training. This will give them a consistent routine before returning to class.
* Communicate to us via email while potty training at home what is working, not working, verbal cues, signs of needing to go, and any other essential information that will make us successful.

Verbal Stages of Toilet-Training Readiness

* Basic verbal skills – the child is able to speak in three-to-four-word sentences.
* The child tells you when he or she has wet his/her diaper (recognizes he or she is wet).
* The child tells you when he or she is wetting his/her diaper (recognizes the sensation of wetting a diaper).
* The child tells you that he or she needs to go to the bathroom (can control self and go to use the toilet).

Physical and Psychological Signs of Toilet-Training Readiness

* Child stays dry for a long time – able to hold their urine or bowel movements.
* Adult can recognize when the child is having a bowel movement.
* The child can undress and pull up their own clothing/pants.
* Child initiates using the toilet and asks to wear underwear. This is also a sign of wanting to be independent, which is very important.
* Emotionally ready and open to learning.
* Can follow three to four step instructions. This is critical to learning to pee, wipe, flush, and wash hands.

Things to keep in mind when potty training:

* The high activity level here at LLPS may distract your child from responding to the urge to use the potty more so than at home.
* Don’t expect the same performance here as at home:

We have seen both ends of the spectrum with kids ability to be “trained” at school and not at home and vice versa. We have had kids who have been successful at home and are unable to do it here for a number of reasons:

* + Kids are not trained at home to tell the parents they have to go BEFORE they have to go but rather are allowed free access unsupervised to the bathroom in their home.
  + There are many more distractions here with a larger group of kids, toys, and bustling activities.
  + They need one on one attention throughout the day in order to keep up with the toileting. Here we have multiple children who have various needs and supervision requirements. We can’t focus on one child but must divide our attention with all the kids. We can’t focus only on those toilet training to pick up cues, sign language, or specific behaviors to tell us it is time.
  + Parents are putting the child on the potty in small time increments. We don’t do this here so the child will wet themselves many times throughout the day if this is being done at home.
* We have also had kids who are successful here but will not do it at home. This can happen if:
  + The child is on the go a lot in the evenings and weekends making it difficult for the parent to do toileting practice at home.
  + Children are with different caregivers on the weekend who don’t continue the practicing.

What we will do at school:

* We have them sit on the potty during natural transition times (before and after meals, before and after naps, and diaper changes).
* We train boys sitting down first. It is recommended that boys first learn to sit and pee in the potty and once they are consistent they can be taught to stand and go. This will also lessen problems with learning to put BM’s in the toilet and will also avoid constipation issues.
* We will give children reminders to try and potty but please remember that it is nearly impossible for a busy teacher to remember to remind a child (or perhaps children) every half hour to go in and use the potty, while also caring for others in the class.
* If your child has 2 accidents once in underwear, we will put them back into a pull-up for the remainder of the day. If this is not something, you want to happen you may also be notified after the 2nd accident and can come pick them up to continue working on potty training at home.
* The following day we will put them in a pull-up after one accident and request to start over in underwear after another 4 full days of training at home.
* We will continue to work with them daily while wearing a pull-up until they show readiness at school.

What we don’t do at school:

* We do not put kids on a potty schedule where they go every 20 minutes or half hour. It’s very time consuming with little to no benefit. From experience we have seen this cause many problems with children not being able to hold much urine and having to constantly go to the potty further down the line. The day pretty much centers around the potty which just isn’t realistic in this setting.
* Staff will never put a child on the potty unless the child is willing.
* Staff cannot wash out soiled clothing per regulations set by the Center for Disease Control. They are required to put soiled clothing in a plastic bag for you to take home and wash.
* We do not toilet train in diapers. Please send your child in pull-ups if they are not ready for underwear.

Helpful tips for success:

* Bribery can be a good thing. Use stickers or small treats (like gummies, jellybeans, teddy grahams) ONLY after potty success.
* Praise the child on success for every step of the process but do not overdo it. You don’t want them trying to do the potty thing fifty times a day to get your attention or get rewarded. A “way to go” or a “thumbs up” and big smile will let them know you’re proud. We use the phrase “you go potty like the BIG boys/girls do!!! They love the idea of being BIG.

Naptime training

Sometimes kids nap train right away when they are awake time trained. Most children are not able to do this. We require nap diapers/pull-ups for two full weeks without a pee accident.

What to wear during training:

Children should wear easy on and off pants during training. We prefer sweat pant like bottoms until they are physically capable of doing snaps and buttons. Please don’t send them in anything that requires us to remove the top to get to the bottom.

* Please send them to school with loose fitting clothing that your child can manage independently.
* Please do not send them in overalls. Kid costumes, union suits, one-piece jammies, or shirts with snaps in the crotch.
* Try to avoid tight clothing, pants with snaps or buttons, and tight leggings.
* Bring an extra pair of shoes if available. These can get wet too.

Return this page to Little Lambs preschool when you are ready to begin the potty-training adventure but BEFORE you begin.

I (we) have read and understand the policy of Little Lambs Preschool on potty training and will comply with those requirements.

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Child’s name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_