

## Potty Training Policy

If you feel your child is ready to begin potty training, I ask that you begin training at home during a weekend or vacation. **Please note:** I will only begin to assist your child in potty training if you have successfully begun potty training at home for at least a week prior.

I will follow through and encourage your child while in care. Potty training will be done in a relaxed manner with the cooperation of the family. I require that the child is at least 2 years of age and must also be showing signs of readiness (please see [Potty Training Readiness Checklist](#) below). **Positive reinforcement and consistency must be continued at home.**

The child must be kept in Pull-Ups at all times. Please keep in mind that the level of activity at day care can keep your child from responding to urges to use the potty, more so here than at home. Therefore, I will continue to use diapers until your child can and will announce that he/she must use the bathroom and can control his/her bladder for a few minutes beyond that announcement. It is required that parents supply Pull-Ups and a few extra changes of clothing during this potty training process.

### Proper Potty Training Clothes:

Do not bring your child wearing panties or underwear until he/she has naptime and bedtime control established. During the potty training process your child needs to be dressed in “user friendly” clothing as much as possible. The best choices are shorts or pants with elastic waists. Please do not dress your child in the following:

- No tight-fitting clothing
- No shirts that snap at the crotch
- No pants/shorts with snaps, buttons or zippers
- No overalls or bib-type clothing
- No belts
- No one-piece outfits

The clothing 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 own pants up and down and those items will hinder their ability to do so.

### Required Supplies:

The following items are to be left at day care and replaced as needed. Regulations require that all soiled clothing needs to be returned to the parent in a plastic bag at the end of the day.

- At least 2 complete changes of clothing (including socks)
- A bag of Pull-Ups- you will be notified when you are running low

For the first week, your child will be scheduled to use the toilet at consistent times of the day whether or not he/she indicates a need to use the toilet or not:

- Before and after lunch
- Before and after nap
- Before and after going outside
- Upon arrival at the Center
- Just before going home

## **Potty Training Readiness Checklist:**

### **Verbal Stages of Readiness:**

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

- Stage 1: The child tells you he/she has a wet diaper, recognizes 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 use the toilet

### **Physical and Psychological Stages of Readiness:**

- Stays dry for a long time (The child is able to "hold" his urine and bowel movements)
- Can recognize when diaper is wet or soiled
- Has bowel movements at regular times (Child chooses when to move his bowels)
- Adults can recognize when child is moving his/her bowels (Child is deliberately moving bowels)
- Can undress and pull up his/her own pants (Important because this is the work of the child, not the caregiver)
- Initiates interest in using the toilet and asks to wear underwear
- Wants to be independent (which is very important for the learning process)
- Child is emotionally ready and is open to learning (Is child generally cooperative?)
- Child has an awareness and knowledge of the world beyond himself (This sign may seem unrelated to toilet learning, but it is a behavior that has been seen in children who are ready to use the toilet)
- Can follow three and four step instructions (This is critical for learning to urinate or move bowels, wipe himself, flush the toilet, and then wash hands)
- Can use consistent words or gestures to communicate
- Is able to physically get to the toilet and sit on it without help
- Must show a willingness to want to sit on the toilet and understand it's function

### **Recommended Books:**

Toilet Learning, Alison Mack

Going To The Potty, Fred Rogers

Once Upon A Potty - Joshua, Alona Frenkel

Once Upon A Potty - Prudence, Alona Frenkel

I Have To Go, Robert Munsch

# Potty Training Policy Agreement

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

Child(ren)'s Name(s)	
Parent's Signature	Date
Parent's Signature	Date