

## Toilet Learning Policy

When you feel your child is ready for toilet teaching, I ask that you begin this teaching at home during a weekend or vacation. **Please note: I will only begin to assist your child in Potty Training if you have successfully began training at home for a week prior.**

I will follow through and encourage your child while in care. Toilet 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 read the **Toilet Learning 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 activity level here can distract your child from responding to an urge to use the potty, more so than at your 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 and bowels for a few minutes beyond that announcement. It is required that parents supply pull-ups (or if arranged with me, training pants and plastic cover) and a few extra changes of clothing.

### **Proper Clothing**

**Do not bring your child in panties or underwear without my approval.** (S)He must have naptime and bedtime control established. During potty training the child needs to be dressed in "user friendly" clothing as much as possible. The best items are shorts and pants with elastic waists. Please **do not** dress your child in the following items:

- **No** Tight clothing
- **No** Shirts that snap in the crotch
- **No** Overalls or bib type clothing
- **No** Belts
- **No** One piece outfits

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 own pants up and down and these items will hinder your child's ability to do so. If your child arrives wearing any of the above items, we will not work on potty training that day.

### **Required Supplies**

The following items are to be left at the preschool and replaced as needed. **State licensing requires that soiled clothing 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** – you will be notified when the supply is running low

### **Toilet Learning Schedule**

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

- Upon Arrival
- After meals
- Before and after nap
- Before and after going outside
- Just before going home

# Toilet Learning Readiness

## 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 Signs of Readiness:

- Stays dry for long periods of 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 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.

## **Toilet Learning Policy Agreement**

I have read the **Toilet Learning Policy** in its entirety and I agree to abide by the policies set forth.

Child's Name	
Parent/Guardian Signature	Date
Parent/Guardian Signature	Date