



Toilet Training Policies and Procedures

As your child starts the journey of transitioning out of diapers, there are several considerations to keep in mind. First, it is not about your child's age, but rather if they are developmentally ready to toilet train.

Signs that your child may be developmentally ready to start training:

- Your child stays dry at least 2 hours at a time during the day
- Bowel movements are regular and predictable
- Your child can follow simple directions
- Your child can dress and undress to use the potty
- Your child seems uncomfortable in a wet diaper and asks to wear "big kid" underwear.
- Your child may tell you they have to go "pee"

Things to do to get child ready to train:

- Read books about using the potty
- Have your child sit on the potty during natural transition times (before and after meals, before and after naps/bedtime, before going into the car)
- We train boys sitting first. Practice "pushing it down" in order to get urine into the toilet and not on the walls or floor.
- Practice pulling their pants and underwear up and down
- Praise your child for sitting on the potty, even if nothing comes out

Once your child is successfully toilet trained at home during waking hours for a minimum of five days, we can begin the process at school.

The Toilet Training Plan for School:

- Children can start the transition by wearing pull-ups to school. (The pull up type, not the one with tabs on the sides). We will ask children to use the toilet during normal diaper changing times. Children should be able to verbalize their need to use the potty in between those times.
- After a period of 5 consecutive dry, successful potty using days at school, the child may transition to underwear. (We will continue to use a pull up at nap time until your child is dry for a 10 day period at school during naps) Accidents in underwear are uncontrollable. Children have accidents on furniture, carpets and materials shared with other children. This is a health and safety concern that we must maintain. Please continue to supply us with a supply of pull-ups in the event that your child begins to have accidents again in the classroom.
- Please dress your child in easy to manage clothing that they can pull up and down themselves. No one-piece shirts, belts, buttons on pants. Staff will help your child as needed but your child should be able to manage on their own.
- We reserve the right to put your child back into pull-ups if there are several accidents in one day. If your child has any bowel issues, especially diarrhea, please either keep your child home or provide us with pull ups if it is not a health issue.
- Please provide your child with flushable wipes. We will assist your child wiping if needed, however they should be able to do so independently.

Some things we do not do at school:

- We do not clean soiled underwear. Soiled underwear and clothing will be sent home in a plastic bag.
- We do not leave a child on the toilet for an extended period of time waiting for it "to happen"
- We do not limit food or drink during the day to prevent accidents.
- We do not use individual potty chairs.
- This is an exciting milestone for both you and your child. We have found that children train easier during longer holiday or vacation breaks where parents have the time for the intense work and supervision that potty training requires.

Stay positive and cheery. Make toileting a pleasant experience for your child. The reward at the end will be worth the effort.

Good Luck!