

Potty Training Orientation

Toilet learning should be a positive experience for a child. It should take only a short period of time, if the child is ready. Toilet learning is as individual as learning to walk. There is no right age by which all children should be using the toilet. Problems in toilet learning usually arise because adults do not pay attention to the child's lack of readiness.

We will try toilet learning with your child for 10 days. If the child shows no interest, is fearful or has too many accidents, your child will go back into diapers until we decide together that your child is ready to try again.

We're listing here a few helpful hints of ways we can work together to minimize frustration and maximize success. Of course, *encourage your child, and continue the process at home.*

- Have your child wear loose-fitting clothing he or she can manage independently, such as elastic waist pants that are easy to pull up and down. Do not dress your child in overalls or t-shirts with snaps between the legs. Dresses are also not a good idea because the child can not see to pull down pants.
- We prefer that you supply regular, thin cotton underpants, rather than thick training pants. That way, the child is more aware when she or he has had an accident. For the same reason, we don't put children back into diapers at naptime.
- Please bring a bag with at least three pairs of extra clothes, including socks, *every day*. Label all clothing with the child's name. Bring an extra pair of shoes as well.
- At our school the little boys will be asked to sit rather than stand while going potty, since other children use the same potty.
- Have your child start wearing underwear at home the weekend before we initiate it here. *By all means, continue the program at home, having the child wear underwear rather than diapers.* If you feel you need to, the child can wear a diaper at night, but first you might try getting up once during the night to go to the bathroom.
- Here, we leave the door to the bathroom open, both for easy access and to encourage the child's interest, seeing other children use the toilet. The child goes to the potty with a buddy for positive reinforcement.
- The child will be told, "You need to go potty now" (or whatever term you prefer) every 30 to 45 minutes the first and second week, as necessary.
- Unfortunately, because of health regulations, teachers cannot wash out soiled clothes. We will put them in a plastic bag for you to take home and wash.

Child's Name _____ Date Potty Trained _____ or _____ Try Again

Parent Signature _____ Date _____

Teacher' Signature _____ Date _____

Potty Training Quiz

**IF YOU ARE CONSIDERING POTTY TRAINING YOUR CHILD AT THIS TIME,
TAKE THIS QUIZ -----TRUE OR FALSE:**

1. My child is dry at least two hours at a time, or is dry after nap each day.
2. My child's bowel movements are regular and predictable.
3. My child becomes uncomfortable with soiled or wet diapers and asks for them to be changed.
4. My child asks to use the toilet or the potty chair.
5. My child asks to wear "grown-up underwear".
6. My child can take off his/her pants and can walk to and from the bathroom.
7. My child can indicate when he/she is about to urinate or have a bowel.
8. My child knows when he/she needs to use the bathroom.