

Potty Training Policy

(From Pages 12-14 of the 2022-2023 Parent Handbook)

Our preschool teachers are happy to help with your child's transition from diapers to the potty. This is an exciting time for you and your children because they are becoming more independent and learning how to make their own way in the big world!

After careful consideration, we feel it is necessary to have a written policy concerning this transition due to the amount of time involved with potty training in a class of up to 8 students. One reason we have this policy is to maintain infection control standards for our preschoolers. Often when children have accidents, it isn't discovered immediately if they are sitting down or running around, and they do not tell us they have had an accident. This can mean urine throughout the area a child has walked, or soaked spots on our carpet that another child could sit upon before we are aware of the soiled area. We have also created this policy so that we can maintain the best learning environment for all students in the class and school.

Please speak with your child's teacher/Director before sending your child to school in underwear, as potty training success at school looks different than success at home.

Signs a child is ready to begin potty training:

- Child tells you/teacher that their diaper is wet or soiled.
- Child asks to sit on the potty.

Home/School Potty Training:

Being fully potty trained at school differs from being potty trained at home. Please keep in mind that the activity level here at preschool can distract your child from responding to an urge to use the potty, more so than at your home. Here is a list of how being potty trained at school is different than at home:

- Children are not always trained to tell their parents they have to go **BEFORE** they have to go, because they have free access to the bathroom. At preschool, the child must tell us **BEFORE** they have to go so that they may be supervised in the bathroom. This often means that an aide must be called to the room, or the teacher must reach a stopping point in their teaching and settle the other children to assist the child in the bathroom.
- Children often need one to one attention throughout the day in order to keep up with toilet training. Here we must divide our attention between all children, which may mean that we miss cues, sign language, or specific behaviors to tell us in time to avoid an accident. Therefore it is necessary for a child to verbally tell us they need to go potty.
- At home, parents can put a child on the toilet in small time increments. At school, multiple students are often potty training at the same time. Stopping our day frequently for potty breaks affects the learning environment of all children.

Things we will do at school during potty training:

- Children will be encouraged to try going to the potty at our two scheduled bathroom breaks (Before snack and before lunch).
- Children may wear "big kid" underwear over their pull-up during potty training.

- We will practice with children to get their pants up and down on their own and build independent handwashing skills.
- We will encourage children to wipe themselves, but will assist until they show that they can wipe effectively when done independently.
- Boys will be taught to “point their ‘pee-pee’ down” and will be assisted with this until they are able to do so independently with good aim.
- We will watch for clear signs that a child needs to go to the bathroom.
- We will keep a cheery disposition towards using the potty.
- We will praise children for success for each step of the process. (We will not offer candy/treats as a reward at school for potty use.)
- We **will not** punish a child for accidents. We will talk to them about telling us they need to use the potty next time, or about using the potty like the big kids.

Things we need parents to do:

- Children must wear pullups with velcro/reclosable sides (Huggies Pullups and Parent’s Choice Training Pants are two examples of brands with velcro/reclosable sides). We will change wet pullups in the bathroom after a child has tried to go potty and this allows us to do so without fully undressing a child. Pull-ups containing a bowel movement during potty training will be changed on the changing table.
- Children should wear loose fitting, elastic waist bottoms during training. We will work with children to pull pants up and down independently. Please do not dress your child in overalls or bib type clothing, one piece outfits, belts, or pants with snaps and zippers during potty training. Dresses often are difficult for girls during potty training as they also have to figure out how to hold them up so that they do not fall in the toilet.
- Let us know your son’s preference (Sitting/Standing)

A child is considered potty trained at school when they meet the following criteria:

- The child remains dry for a period of 2 hours or the child consistently tells a teacher when they need to use the bathroom and consistently remains dry until they reach the bathroom.
- The child consistently urinates and has bowel movements in the potty. (Children should not wear underwear to school until they can do both in the potty. Typically it takes longer for a child to have a bowel movement in the potty than it does to successfully urinate routinely.)
- The child is able to pull down their pants and get them back up without regular assistance. We understand that some outfits might be more difficult and will help children as necessary.
- The child can postpone going to the bathroom if they must wait their turn for someone else who is using the bathroom, or if we are away from the bathroom (Ex. Outside).
- The child is completely accident free for at least 2 weeks. We understand that children of all ages can have accidents. “Accidents” are defined as unusual incidents that happen infrequently. If the child has more than 2 accidents per week when moved to underwear, the child must wear a pull-up until they show that they are able to stay dry for another full week. A child that has an accident daily is not considered fully potty trained.
 - Please provide 2 additional changes of clothing when children transition to underwear. (Including socks and an extra pair of shoes)
 - If a child has 2 accidents in the same day, we will use a pull-up for the remainder of the day.

A few things to note:

- Children may not have books or toys in the bathroom due to sanitation concerns. We will hold toys/books for them outside of the bathroom until they are finished so that they do not feel that they will lose their toy by using the bathroom.
- We do not put children on a potty schedule where they go every half-hour to hour. It is very time consuming with little to no benefit. 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 along down the line. This makes the day center around the potty which is not possible in the preschool setting.
- We do not limit food or drinks to discourage potty use. We will maintain the same food and drink schedule during training as our normal schedule.
- We will bag urine soaked underwear/clothing and return it to the parent at the end of the day.
- We do not clean out underwear when a child has a bowel movement accident. Soiled underwear must be disposed of immediately to prevent the spread of germs.
- It is very common for children to regress in potty training during their preschool years. This can often be caused by even the slightest changes in their life/routine (moving, birth of a new sibling, new schedules, parents returning to work, etc.) We will continue to support children throughout their preschool years in using the bathroom and developing healthy routines.

Naptime Potty Training (LODO PLUS Students)

Please speak with your child's teacher, LODO PLUS PM Teacher, or Director regarding pull-ups during naptime when it is time to transition to underwear. It is very common for children to require a pull-up when sleeping for several months/years after they are daytime potty trained. Children that are fully potty trained during the day will have a pull-up put on before naptime, and removed after naptime, if the child is unable to remain dry when sleeping.

Children should be accident free at naptime for at least 3 weeks before remaining in underwear for naptime. Children will use the bathroom immediately before nap and after nap. Children should also tell the naptime staff member if they need to use the bathroom during naptime.

Potty training can be a frustrating process, but children rarely enter kindergarten without being potty trained. Students at Little One's Day Out are not required to be potty trained to move up to our Lions, Leopards or Leap Frogs room. Children are ready to potty train at their own rate and cannot and will not be forced at preschool. We wish to assist in your child's potty training during their time at school, while maintaining the best learning environment possible for the entire class/school.