

TOILET TRAINING POLICY

4/1/17

Toilet training is an important time in a child's life and when your child is considered completely potty trained it is a life changer for a parent.

Our goal at Elements Academy is to make this a successful journey. We have potty trained many children over the years and understand how to make this a positive experience. To achieve success everyone who cares for the child must be willing to do the work consistently.

Although every child begins the toilet training at a different age, there are certain steps a parent can take in the toilet training process to offer the greatest success.

Steps in the Toilet Training Process

- Help children recognize when they are urinating or having a bowel movement. They must be aware of what they are doing before they can do anything about it. Ask him if he pooped or peed before you change him to make him aware.
- Let your child use the toilet without any other expectations. He/she can sit on the seat fully clothed, looking at a book or playing with a toy. Just allow your child to get familiar with the toilet.
- Learn your child's behavioral cues that signal he/she is about to go (grimacing, hiding in corner). Talk about the feeling of having to go and encourage your child to notice the feeling and tell you when the feeling arises.
- After your child becomes comfortable with sitting on the toilet and shows interest, have your child sit on the potty right before getting in the bathtub or when having his/her diaper change. Empty the soiled diaper in the toilet to show your child where the content goes.
- Gradually work towards sitting on the potty 1 – 3 times per day. Take off the child's diaper and encourage (not force) him/her to sit for a couple of minutes.
- As you increase how often your child sits on the toilet throughout the day/evening, work towards a routine such as sitting in the morning before leaving for school, after meals and before bedtime. (Over a weekend is a good time to work on sitting your child on the toilet consistently and give him/her one-on-one attention through the beginning stages.)
- Check the Potty Training Readiness Checklist to see if your child is ready to officially start potty training.



If you feel your child is ready to start potty training, please check off all that apply below.

Potty Training Readiness Checklist

- Child is at least 24 months of age
- Stays dry for a long period of time (the child is able to “hold” his/her urine and bowel movement).
- Tells you when he/she has a wet or soiled diaper.
- Has bowel movement at regular times (child chooses when to move its bowels)
- Adult can recognize when child is moving his/her bowels
- Can undress and pull up his/her own pants
- Initiates interest in using the potty 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
- Child has an awareness and knowledge of the world beyond himself (This sign may seem unrelated to potty training, but it is a behavior that has been seen in children ready to use the potty)
- Can follow three and four step instructions (this is critical for learning to urinate or move bowels, wipe himself and wash hands)
- Is physically able to get to the toilet and sit on it without help
- Shows a willingness to want to sit on the potty and understand its function
- There has not been a major change in child’s life within the last 2 months

If you put a checkmark next to all the requirements listed above and your child has been toilet training at home successfully for one week prior, we are ready to begin the training at school using only positive reinforcement and consistency.

If your child does not meet most of these skills, wait a couple of weeks and reevaluate. Starting too soon can often delay the training process. Toilet training is much easier when the child is ready.

What To Bring For Toilet Training

_____ Pullups with velcro sides. This allows the teacher to put the pullup on/off without taking off all the child's clothes.

_____ Wipes

_____ Three sets of user friendly clothes including socks and an extra pair of shoes.

_____ Treats as a reward, if you would like. (Please do not bring in anything with nuts as we have a few children with severe nut allergies.)

Additional Information

Pullups will be used until the child remains dry and soil free (while awake) for one month. Pullups will be used during naptime until the child remains dry and soil free while sleeping for one month.

For the first month, children will be reminded every 30 minutes to go to the bathroom. However, if a child progresses faster and does not need to go that often, the teacher will lengthen the time between reminders.

The child will be assisted while going to the bathroom the first month of potty training. Each week the teacher will help the child to be more independent in the bathroom. After the first month, the child will be expected to go to the bathroom with few reminders throughout the day, pull down/up pants, sit on the toilet, wipe him/herself, flush the toilet, and wash/dry hands with little assistance. Should a child need help the teacher will be available, but this should be on rare occasion rather than the norm.

Do not dress your child in the following:

- Tight clothes
- Clothes with zippers and snaps
- Overalls or bibs
- Belts
- One piece outfits

These clothing items hinder your child's ability to dress him/herself and can cause a time delay when trying to go to the bathroom independently.

The teachers will return all soiled clothes in a plastic bag placed in a plastic container in your child's cubby. For sanitary purposes, teachers are not allowed to empty soiled underwear in toilet or wash the child's clothes, blankets, etc. Please take plastic bags of clothes home at the end of the day. If underwear are extremely soiled, they may be disposed of for sanitary purposes.



Understand accidents are normal and will probably happen more often at school than at home. Your child does not want to stop playing or put down her toy to go to the bathroom. There's a very good possibility a classmate might take possession of that special toy.

I hope you are able to have fun as you work through this process. This is a huge step in your child's life and he/she is trying really hard to get it right. Success is just around the corner with a little time and patience.

I have reviewed Elements Academy Toilet Training Policy and feel comfortable with the approach taken to potty train my child, _____.

Parent Signature

Date

Teacher Signature

Date

Director Signature

Date