



Sweet Beginnings Early Learning Center

Potty Training Routines and Expectations:

Is your child ready to use a potty? The more important question may be, are you? Children are usually ready around ages 18-24 months. They often signal that they are ready by letting you know when their diapers need changing. You should be prepared to commit to three months of daily encouragement. Successful trips to the potty should be rewarded. Missteps shouldn't get as much attention. Training requires patience. If it is not successful, it may mean your child is not ready.

When your child is ready to begin potty training the first step is to discuss what you have noticed with your child's teacher. If your child's teacher first notices cues from your child that they are "ready" to begin potty training (s)/he will reach out to you. We believe potty training is a shared responsibility and all involved must be on-board and ready for the process, as long as that may take. We will need open communication with families and we will share with our parents throughout the process both successes, as well as set-backs. Below are some guidelines we will follow at school. It will be helpful to have consistent expectations for the child's potty training success. Additionally, listed below are all items that must remain available at school during the potty training process.

- **Be positive.** Children learn better when they are praised for their progress rather than punished for their mistakes. Do what you can to help your child succeed as often as possible—even if it means learning gradually, one tiny step at a time. When she progresses, give her a hug, some praise, and perhaps even a small tangible reward (stickers and stamps are what we most often use). When he/she fails, tell him/her you're sure he/she'll do better next time and ask her to help you clean up.
- **Be consistent.** Create reasonable expectations according to your child's abilities, express them clearly and frequently, and expect your child to at least try to follow them every time. Keep his/her bathroom routine as consistent as possible, with his/her potty in the same place every day and the sequence of actions—including wiping and hand washing—the same every time. While he/she is toilet-training, praise your child for *each* success, and provide predictable, non-punitive consequences (such as helping to clean up) for *each* failure.
- **Stay involved and observe.** Very young children's needs, behaviors, and abilities change frequently and, to some extent, unpredictably. Toilet-training approaches that worked two weeks ago may not work today, and skills that your child mastered in the past may temporarily disappear in the face of new challenges. Continue to monitor your child's bathroom behavior throughout toilet training and afterward so that you can quickly identify and resolve any new problems that arise.
- **Enjoy.** Toilet training is a necessary chore, but it can also be fun at times. Don't take your child's hesitations, passing fears, or resistance too seriously. Nearly every child learns to use the toilet sooner or later, and your child will, too. Do what you can to occasionally take your eye off the long-term goal and enjoy the charming, funny moments along the way.

Potty training required supplies:

- **Disposable Pull-ups** – We suggest the style pull-ups that have the tape seal rather than the style that must be pulled apart. These work best and we can conserve the usage of pull-ups used when your child is no longer wetting much in their pull-up. We require pull-ups rather than diapers, as this allows us to assist children in learning the skill of pulling their own pants up and down when using the restroom. Please, no cloth diapers.
- **Panties/underwear** – Please wait to begin dressing your child in panties or underwear instead of a pull-up until you have first discussed this with the teachers. When we are noticing lots of dry pull-ups throughout the school day we will mention we are ready to begin having your child move on to wearing panties or underwear as soon as you are ready.
- **3 sets of clean clothes** – including pants/shorts, underwear or panties, clean socks and one pair of shoes or dress your child in croc style shoes, as they can be easily rinsed and dried should your little one have an accident and wet his/her shoes.

Potty training expectations/suggestions:

No belts – Although a belt may be something you prefer your child to wear, it restricts the ease of removing your child's pants. It can cause a child who is potty training to be frustrated and discourage the child from learning the self-help skills of pulling up and down his/her own pants, which is necessary for potty training success.

Pants without any snaps, buttons or zippers – We want to give children the "tools" for success with this very important milestone. Pants with an elastic band are suggested, as it allows children ease with pulling their pants up and down while using the restroom. It encourages their independence while using the potty.

Croc style shoes – These types of shoes are highly recommended, as we are able to easily rinse shoes after an accident. It is unsafe for a child to not have any shoes on at school, as they will be playing outside and if there were an emergency they need shoes on for evacuation purposes.