

# Potty Training

Potty training at school and potty training at home are two very different processes that team together to help a child succeed. While each child's process will look a little different, here are the general process and procedures that we use at UBCS Day Care. Please stay in close communication with your child's teacher as we team together through this stage of development.

## Readiness

At times it can appear that a child is ready to begin potty training. However, sometimes the signs we see are merely catching a child at the right time. Listed below are the signs that a child is ready to begin the potty training process in day care:

- Must be dry between scheduled diaper changes (2 hours)
- Communicates with words (will be able to say, "I have to go potty.")
- Is able to get his/her pants up and down
- Has formed bowel movements
- Follows simple instructions

## Process

While each child's potty training process will look different, there are some general steps and needs that will help for successful potty training:

- Potty training children will need pull-ups that have Velcro sides. This allows for changing accidents without having to completely undress a child. (Please bear in mind we are potty training multiple children at the same time, not just one child at a time.)
- Both boys and girls will be sat on the toilet for both urinating and having a bowel movement. (Boys will be given a wadded up piece of toilet paper to help them hold their penis down. They will be taught to stand when they are tall enough to reach.)
- Have your child wear loose fitting pants.
- The child will be taken to the bathroom every hour. As a child succeeds, the time will be stretched in 15 minute increments between bathroom visits.
- Stickers or M&M's will be given for a reward of success at the beginning of the process.
- Children will remain in pull-ups until they are able to have bowel movements on the toilet.

# Ready for Underwear

Every child progresses through the potty training process at a different rate. Please note the following details before sending your child in underwear:

- Your child's teacher will let you know when she is ready for you to send your child in underwear. Please stay in close communication with her about the process to help both home and school be on the same page.
- You have communicated to the teacher about your child's bathroom habits at home.
- Your child has had no accidents for 5-6 days.
- 2-3 complete changes of clothes must be sent in your child's backpack. A complete change of clothes includes underwear, socks, pants and a shirt. If you have an extra pair of shoes, that would also be helpful.
- Make sure all clothing is labeled with your child's name.
- Your child has bowel movements in the toilet.
- If a child has 1-2 accidents for multiple days, we will need to return your child to pull-ups.

# Considered Potty Trained

The following are characteristics of a child who is considered completely potty trained:

- Has worn underwear without accidents for approximately 3 weeks
- Uses bathroom with complete independence (pants up and down, on and off the toilet, washes hands)
- Tells the teacher when he/she has to go to the bathroom
- Goes to and from school in underwear
- Does not wear a nap diaper

Potty trained rate changes are only able to be issued at the beginning of the month.