

Toilet Learning at SLC

At SLC, we work with parents to potty train their children. Children should remain in pull-ups or in plastic pants over underwear at school until arrangements have been made between the child's teacher and school director.

This is to prevent contamination and the spread of bacteria on the floor and toys in the classrooms from fecal matter.

We will follow these steps when potty training children:

- We will familiarize the child with toileting.
- We will work toileting into our daily routine (when they arrive at school, after snack time and lunch).
- We will start transitioning from diapers to pull-ups to underwear as soon as they start telling us that they need to go and when they are comfortable sitting on the potty.
- We will try taking some of the young children potty with the older children so they can model how 'big' kids use the potty.
- We will use positive words and teach proper hand washing routines.

Readiness Signs:

- Dry diaper for two hour intervals
- Predictable/regular bowel movements
- Announces when they have gone or when they are going to the potty
- Can sit still for several minutes at a time and focus on one activity
- Can understand simple instructions
- Is comfortable, not afraid, and willing to sit on the potty
- Can pull pants up and down
- Can wash hands with minimal help

When children are potty training:

- Please choose pants that are easy to move up and down. Eliminate overalls and onesies.
- Have children choose special panties or underwear.
- Consider using plastic pants over panties/underwear.
- Encourage children to help with the clean-up, and do most of the changing as possible. Have child put soiled diaper in the garbage to teach responsibility.
- Praise the child for their efforts.

When beginning the toilet learning process, find out where your child is at the following stages:

The Four Stages of Toilet Learning

Stage 1: Toilet Play

Your child:

- pretends to toilet, usually with clothes on
- observes others going to the bathroom
- shows an interest in the toilet
- uses toileting words such as "potty", "pee" or "poop"

At SLC we start the toilet learning process in the toddler 2 class (or when children are around 18 months). The children will be taken to the potty. They have a choice of sitting on the toilet or simply get their diapers

changed while standing up. If a child shows fear or anxiety during this process, we will continue to change their diapers in the classroom's diaper changing table until they are ready.

Stage 2: Toilet Practice

- practices pulling pants up and down
- practices sitting on the toilet
- practices getting on and off the toilet
- practices flushing
- practices squatting and standing
- practices hand washing
- asks if diaper is wet or dry, clean or dirty

The child is ready for toilet practice if he/she is saying that she is wet or poopy. They are also staying dry in their diapers for a longer period of time. They are also ready if they are willing to sit on the toilet on their own.

At SLC, as soon as we start to see that the child is interested in the potty, we give them time to practice using the toilet. The children are no longer changed in the diaper changing table (with exceptions). We will do stand-up diapering with them in the bathroom. We will ask them to sit on the toilet and practice their toileting skills. They will not be forced to use the toilet but simply given opportunities to practice toileting skills. The children are praised for trying and never given tangible rewards such as a sticker or food. This stage of toilet learning usually happens when the child is about 2 years old. Children at this stage will start wearing pull-ups to practice for wearing real underwear.

Stage 3: Toilet Learning

- shows interest in wearing "real" underwear
- feels the need to urinate by showing gestures, is verbal, or uses facial expressions
- hold urine for longer periods of time
- acquires the desire to be clean
- has words for using the toilet and tells you when they have to go
- can pull pants up and down for themselves
- stands and sits well on their own
- shows signs of pushing and concentration when they are ready for a bowel movement
- tells you they are soiled or wet and needs to be changed

At around 2 ½ years old, most of the children are on the third stage. At SLC, we establish this new found skill and increase confidence when they are in the preschool class. The families will be asked to sign a toilet learning agreement and for ten days, the children who are ready will start to wear real underwear.

Stage 4: Independent Toileting

At this stage, the child has bladder and bowel movement control. They can let you know when they need to use the toilet and knows how to hold it in until they arrive in the bathroom.

At SLC, children who know how to use the toilet are in charge of the whole process. They pull their own pants down, wipe themselves, and wash their hands. Occasionally, the teachers will help wipe the children after a bowel movement to make sure that they are clean. If children need help, the teachers will be there to assist them.

Accidents:

At SLC, children are expected to have accidents during toilet learning. Even children that already learned to use the toilet will occasionally have accidents. When this happens, the child is never punished or ridiculed. If they are upset, they will be comforted and changed into clean clothes as soon as possible. Parents are required to provide a change of clothes for their children that are potty training, so whenever accidents occur, the children will have something clean to wear.

What You Can Do As Parents:

- Explain to the child you will be taking them to the toilet and what will happen.
- Introduce them to underwear and show them yours.
- Let the child pick out “real” underwear. They may have a favorite character like Barbie, Dora, Batman, Spiderman, Bob the Builder, etc.
- Let the child watch a parent or sibling urinate to help them visually learn.
- Give encouragement and positive reinforcement for TRYING to use the toilet.
- Turn on the water to use as a stimulus to urinate during early toilet learning.
- Read books with your child about toilet learning.
- Mentally prepare yourself for the process
- Let the child be in charge of as much of the process as possible.
- Tell them to let you know when they have to go.
- Make up a song as encouragement.
- Pretend to be something or dance while going into the bathroom: kangaroo, elephant, bird, lion, train, airplane, etc.
- Give an appropriate vocabulary for body parts and functions.
- Provide a potty chair for learning and/or a step stool to use the toilet. Let the child use whichever they prefer. Remember they need to feel comfortable.
- Give the child a book to read to relax while sitting on the toilet. You may also save special books just for when they are sitting on the toilet.
- Give simple answers to questions without making the child feel embarrassed or ashamed for asking.
- Begin a routine of hand washing after each visit to the toilet.
- Monitor fluid intake, especially before bedtime.
- Postpone toilet learning if the child does not seem to catch on or does not seem interested.
- Talk about the items in the bathroom and what they do toilet, sink, soap dispenser, toilet paper, etc
- Use positive encouraging phrases, “You did it”, “Way to go”, “Good for you”, etc.
- Ask child gently if they need to use the toilet throughout the day.
- Cue children as adults toilet, “I’ll be back, my body tells me I have to use the toilet.
- Focus on the progress.
- Under-react to accidents
- Approach accidents as opportunities for the child to learn how to clean up and get dressed. Be warm and supportive.
- Dress children in easy-to-remove clothing. Sweatpants are the best

What Not To Do:

- Do not dress your child in clothing that is hard to get out of during early learning. Wearing these items may cause extra stress for the child if they cannot get them off in time. (overalls, buttons, onesies, and dresses)

- Do not shame, threaten, or punish a child for having an accident
- Do not insist a child remain on the toilet longer than 5 to 7 minutes. The child may develop an association of unpleasantness with the bathroom
- Do not take away privileges for accidents
- Do not force a child to start learning who is not ready
- Do not use words like “dirty”, “naughty”, or “stinky”. These negative terms can make your child feel ashamed and self-conscious
- Do not use food or other treats as a bribe
- Do not expect it to happen overnight.
- Do not stress out about it! It will happen. Do not compare your child with another.

HYGIENE HINTS

When a child is learning how to use a toilet, it is also important that he or she learn hygiene. Here are some hints:

- Teach girls to wipe from front to back, because bacteria can easily be transferred from the anus to the vaginal area.
- Hand washing should always be included at the end of every child’s bathroom routine.
- Encourage children to wipe gently to prevent irritation which can cause infection.
- When accidents occur, never leave a child in wet or dirty clothing. Change the child’s clothing as quickly as possible, and have the child assist you where appropriate.

REFERENCES FOR CHILDREN AND PARENTS

Children Books

KoKo Bear’s New Potty by Vicki Lansky
 Annie’s Potty by Judith Caseley
 Once Upon a Potty by Alona Frankel
 I Want My Potty by Tony Ross
 I Have ToGo by Robert Munsch
 Going to the Potty by Mr. Rogers
 My Potty Chair by Ruth Young
 Your New Potty by Joanna Cole
 Toilet Learning by Alison Mack
 Potty Time by Betty Reichmeier
 No More Diapers by J.G. Brooks
 Everybody Poops by TaroGomi
 The Toilet Book by Jan Pienkowski
 Stop and Go Potty by JudithH. Blau
 My Potty Book by Mary Atkinson
 I’m Grown Up by Margaret Miller
 Getting Dressed by Ben Argueta

Adult Books

Toddlers and Parents by Barry T Brazelton
 Good Behavior by Stephen W Garber

Toilet Training by Vicki Lansky

Toilet Training Without Tears by Charles Schaefer M.D.

Mommy, I have to go potty! by Jan Faull M.Ed

The Comprehensive Toddler Curriculum by Kay Albrecht & Linda G. Miller

Toilet Learning by Alison Mack

Toilet Learning Orientation Agreement

We feel toilet learning should be a positive experience for children. It should take a sort period of time if a child is ready. Problems in toilet learning arise when adults do not pay attention to the child's lack of readiness. They pressure the child through weeks of unsuccessful experience during which they blame the child for the failure rather than blaming themselves for wrong timing. We want to help parents understand that timing for toilet learning is as learning to walk. There is no right age by which all children should be toilet learned.

We will try toilet learning your child for ten (10) days. If your child shows no interest, too many fears or too many accidents, your child will go back into diapers until we feel the child is ready to start again.

We ask that you continually encourage your child at home. Here are a few helpful hints in dealing with toilet learning that will not only help us, but will help limit some frustration for your child.

- ___ 1. The weekend prior to beginning toilet learning at the Center, have your child wear underwear throughout the weekend.
- ___ 2. Child needs to wear loose fitting clothes (easy for them to pull up and down).
- ___ 3. No overalls or t-shirts with snaps between the legs.
- ___ 4. Determine from the beginning if the child will sit or stand to use the restroom.
- ___ 5. No dresses, children cannot see to pull down their panties.
- ___ 6. A bag with five (5) sets of extra clothes, including socks, must be brought every day. Label clothing with your child's name.
- ___ 7. Bring an extra pair of shoes if available.
- ___ 8. Teachers cannot wash out soiled clothes due to health regulations.
- ___ 9. Child must wear thin cotton panties or underwear. Terry cloth, thick cotton, or pull-up diaper type disposables will not be acceptable.
- ___ 10. Child does not wear a diaper during naptime.
- ___ 11. Child goes with a "buddy" to potty for positive reinforcement.
- ___ 12. Plastic panties/ underwear (covers) must be provided.
- ___ 13. Child goes potty every hour the first week and second week as necessary.
- ___ 14. Continue positive reinforcement at home.
- ___ 15. If these requirements are not followed, we will discontinue the training immediately due to lack of cooperation.

Name of Child: _____ Date of Birth: _____ Class: _____ Teacher: _____

Parent's Name: _____ Signature: _____ Date: _____

Parent's Name: _____ Signature: _____ Date: _____

This document needs to be placed in the child's file.

Notes:

--