

## Toilet Training Policy

Toilet training is an important step in a child's development. Toilet training takes time, understanding, and patience.

A child **must** be emotionally ready, able to recognize the signals of needing to use the bathroom, and communicate them with their teacher. If they are not at this stage, it is best to wait until they are. A child must be able to control the muscles that regulate the bowel and bladder to be toilet trained. Knowing how to get on the potty or toilet and undress quickly is also important.

Each child is an individual and develops at his or her own rate. There is no set age at which toilet training should begin. The right time depends on the physical and emotional readiness. It is important that the child be ready before training begins. This is usually between the ages of 2.5-3 years and sometimes even later for boys. If training is started before the child is ready, training will be more difficult and take longer.

He or she needs to be willing and cooperative, not fighting or showing signs of fear. If a child protests vigorously to training, it may be best to wait for a while.

The following signs may indicate that a child is ready to begin training:

- The child remains dry at least two hours at a time during the day or is dry after naps.
- The child asks to use the toilet or potty.
- Bowel movements become regular and predictable.
- The child can follow simple verbal instructions.
- The child seems uncomfortable with soiled diapers and wants to be changed.

When a child shows signs of readiness and the parents are ready to begin toilet training at home, the parent and staff will discuss plans to begin toilet training. Communication between staff and family is very important during this time. Parents and teachers need to discuss what words will be used to describe body parts, urine and bowel movements, what type of training pants the child will wear and the routine at home and childcare for taking the child to the potty.

Keep in mind that Pullups are not designed to hold a full bladder of urine. If they are not ready, they will have frequent accidents. This can pose a big sanitary issue in our classroom if recurrent accidents take place. Because of this, children should **only** wear pull-ups if are actively training at both home and at school and can hold their urine/bm and make it to the bathroom once they have expressed the need to their teacher.

If possible, please use the Pullups that have refastenable sides. Other wise children will need to be fully undressed when wet/soiled and needing to be changed.

Let's work together to help your child master this new accomplishment!