

## Toilet Learning is a Partnership

We are happy to help your child master this new skill. Keep us apprised of what is working for you at home and we will do our best to make sure your child is successful at school.

- \* Please know that there are typically many activities going on in our school environment. **Although your child may be successful at home, sometimes it may take longer at school.** *We do expect accidents so please make sure that there are plenty of extra clothes.* If your child has two or more accidents in a three hour period, we may need to discuss other options with you. *Each child is unique and so is each toilet learning experience*

## Proper Toilet Learning Clothing

While toilet learning, here are a few clothing tips to help your child make it to the potty successfully!

- ◆ Dress your child in **elastic band shorts/pants** so they can get their clothes down quickly.
- ◆ Please **do not** dress in clothing that has buttons, zippers, or belts that will hinder the child being successful.



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## Toilet Learning Guidelines for Your Child

## Signs of Readiness

### Am I Ready?

By the time your child has reached the age of 24-30 months you should start to see signs that your child is becoming interested in toilet learning. Listed below are some readiness signs.

- ◆ Child stays dry for at least two hours.
- ◆ Child can pull down his or her pants and pull them up again
- ◆ Child follows simple directions.
- ◆ Child tells you when they need to be changed.
- ◆ Child stops briefly during play to urinate or have a bowel movement
- ◆ Child imitates adult behavior such as brushing teeth, uses fork, learning to dress/undress by themselves.
- ◆ Child can sit 3-5 minutes while you are reading a book to them.

## Getting Started

Once your child has started showing signs of readiness, follow these steps to get started:

- ◆ Be sure YOU are ready to commit fully to toilet learning.
- ◆ Start toilet learning when you know there can be several weeks where life can be as routine and stable as possible.
- ◆ Refrain from starting during times of family upheaval.
- ◆ Start on a weekend when you can stay at home and focus totally on accomplishing toilet learning. If possible, have your child wear only a shirt so he or she is not hindered by undressing to use the potty. At first there may not be much advanced notice!
- ◆ Purchase a potty chair and tell the child, "This is your potty." Let them examine it, carry it, and decide where it should go. Have a child's favorite stuffed animal/doll sit on the potty.
- ◆ If your child doesn't want to sit on the potty **don't force it**. Take a break for a week and then try again.
- ◆ Have your child sit on the potty as you run the water for his or her bath.

***\*\*\*Please note Grasshoppers/K'Tons must have fully mastered toilet learning by July 1st prior to moving to Teddy Bears. If this has not occurred, the student will remain in Grasshoppers in the fall.***

## Next Steps

### Once your child is happy to sit on the potty:

- ◆ Increase the number of times per day and at more regular times such as after meals, mid morning, after nap, or before or after bath.
- ◆ **Establish a routine.** Keep the pattern of regular times but don't pressure your child.
- ◆ Be sure to keep each session brief.
- ◆ Never ask your child, "Do you have to go potty?" **Always say, "Lets go use the potty."**
- ◆ Once your child produces results, praise them!
- ◆ Let your child pour potty chair contents into the toilet and flush it.
- ◆ Continue this routine until your child goes several times a day in the potty.
- ◆ Now you can introduce underwear!
- ◆ Once in underwear your child may need frequent reminders to sit on the potty.
- ◆ Slow and steady progress toward independent toilet training takes less time in the long run.
- ◆ Complete training may take a few weeks or a few months.
- ◆ Remember that toilet learning must be fully mastered to have a swim lesson in the big pool during summer camp and to enter the Teddy Bear program (3 year olds) children must be fully potty trained.
- ◆ **Fully mastered means** that your child can indicate to their teacher the need to go in enough time to make it to the bathroom and that your child is capable of manipulating his or her own clothing.