

# Tamarak LLC: Hayden & Coburg ELC

## Potty Training Policy

This information will help guide you through the potty-training process that all of our children go through in our toddler room from ages 2-3. The goal is that they are mostly potty trained and able to communicate their needs by the time they transition to the preschool classroom.

Upon children entering the toddler classroom, teachers will have conversations with families about when they would like to start the potty-training process. We have many types of parents; some want to potty train right at the age of two and others will try to wait until their child is closer to 2 1/2. As educators, it is our job to help make it as successful as possible. This means being able to have a good relationship with each family and having enough communication to know when the child is developmentally ready.

There is one to discuss and send home to parents and one form you will complete with parents; Potty-Training Tips and Potty-Training Plan. Other resources include potty charts that you're welcome to share with the parents.

The Potty-Training Tips resource you will discuss with families and send home with them. The Potty-Training Plan you will want to develop with the families. It is our hope the families will use the same potty-plan at home, to help the child be successful. Children are not going to be successful without consistency at both home and school and, the child will be more likely to get the hang of it quickly especially if their peers are potty training as well.

### Helpful Reminders:

(Normal behaviors, tips on how to help combat them, and information to help reassure parents)

- Reverting back to wanting diapers
  - This is very typical especially with older siblings that have younger siblings due to the amount of additional attention younger siblings sometimes receive due to diapering. It is always encouraged to have some sort of training underwear or pull-ups over a diaper. Once you begin potty training, stress to the parents the importance of moving away from the diaper. Diapers pull away moisture from the skin. This can be one reason the child wants to return to wearing diapers.
- Regress and begin having more accidents
  - Again, this is very typical for several reasons and can continue all the way through preschool. Sometimes it can be due to a social/emotional issue that the child is trying to process. Sometimes it is just a matter of keeping up with consistency due to being out of routine. Whatever the case it is best to just continue with the routine/plan you have in place.
- They are terrified of the toilet
  - It is important for parents, other children, and educators to show that there is nothing to be afraid of. There are many reasons a child can be afraid of the toilet. Sometimes it is the loud sound, the idea of a "part" of them going away. Sometimes they simply do not want to get splashed when it is flushed, and they are still sitting. It is important to comfort the child (and as a parent even perhaps modeling it for them so they know there is nothing to fear) and turn it into a positive/ fun experience. You can read books, do a potty dance when you finish, or sing songs.

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- The child just cries when sat on the potty
  - Sometimes it is because it is a new experience, other times you will find that some parents or educators may think a child is developmentally ready and the child is not. It is important to not turn this into a fight with the child and to be sure they are showing the cues to potty train. If they are ready and tears ensue, start potty training at a slower rate that is still consistent but only at select times during the day and you still have a decent amount of time to give the child enough 1:1 attention to try and address their fears.
- The child will not sit for more than a few seconds
  - The longer you can get them to sit is the first initial goal and sometimes the hardest. Some tips to make potty time last longer are usually what I like to call “fidget objects.” These are special toys/ painted rocks/ items that are for toilet time only. We discourage books at school due to the increased chances of contamination unless the child is being read aloud to, has a laminated book or has a designated book. All books and fidget toys **MUST** be disinfected after each use and designated to the bathroom only in a safe sanitary area only for toilet time. (I would recommend a bin for these objects to be able to air dry after being washed and disinfected in between use)
- Suddenly has no interest or will tell you “NO”
  - Children will often have no interest or say no when given the option. It is best to give them warnings like you would before transitions such as, “Charlie it will be your turn on the potty in five minutes.” That way they can anticipate that they will have to walk away from their play. It is also especially important to phrase it as the next activity **not** an option. Never ask a child if they **need** to go when learning to potty train.
- Will get forgetful during play and have more accidents
  - Children are still learning how to control and recognize their bodily functions. When they are engaged in an activity that means their brain is actively working to create stronger connections; however, it also means there is less activity in other parts of their brain, and they are less likely to recognize when they will need to go when they are focused on another task. It is important as parents and educators that we stay on task, give consistent reminders, and stay on a routine so that their brains and bodies will start to recognize the pattern even when they are engaged in play for their development.
- Refuses to poop on the potty
  - Some children have a harder time pooping vs. peeing on the potty for several reasons. Sometimes this can be due to the same reasons listed above that children will not want to use the bathroom at all such as getting wet. However, sometimes this can be a more significant issue. Pay attention to the type of bowel movements if this becomes a concern for either parent or educator. If stools are coming out hard, in small pellets or bowel movements are large it is highly likely it may hurt the child to poop so they may attempt to hold it in. Increasing fluid intake with water or Pedialyte juice (if your child dislikes water) and fiber rich foods (spinach, corn, whole grains, broccoli, kale, bananas, applesauce, brown rice for example) are ways to help assist with bowel movements. If bowel movements continue to be a problem the best suggestion is to see a physician. They may suggest natural stool softeners such as MiraLAX or a suppository if a diet change has not been effective and/or the child does not poop more than every few days. (Children should have a bowel movement every day or every other day). We can give stool softeners at school with a doctor’s note, but we cannot give suppositories or items such as magnesium milk as the aftermath is not something we are able to appropriately care for.

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- You're ready to potty train- but they have zero interest.
  - Do not stress about it, the best thing to do is wait for the cues and include them in potty training interests such as books, videos, music and letting them be exposed to it as a normal part of life. Eventually, especially with peers in the classroom, they will begin to show interest.

Things to always implement in the classroom for potty training:

- Routine
  - Children that are just starting to potty train should be directed to the bathroom every hour regardless of how often/how successful they are until:
    - Regularly successful for three weeks or more,
    - Begin to verbalize on their own when they need to go
    - Show interest and will sit for more than a minute on their own
  - Children that are potty training should be directed to the bathroom every 2 hours after the start of AM snack
  - Children should go to the bathroom prior to nap and upon waking
  - Children should sit on the potty regardless of if their pull up is wet or not
  - Children potty training need educators to communicate to families the importance of potty-training pull ups/training underwear.
  - Extra clothing from home (typically 4/5 outfits of pants/socks and underwear, an extra pair of shoes are always helpful as well)
  - Books/ other educational material throughout the day about potty training into the curriculum at least twice a day.
  - Objects (preferably not books) to be disinfected/sanitized after use and at the end of the day designated for the bathroom and sitting.
  - Children should only be sitting for a maximum time of fifteen minutes, typically five to ten minutes is ideal.