



Toilet Training Tips and Requirements

PROGRAM STANDARDS FOR TOILET TRAINING:

- I know when I need to go to the bathroom.
- I can verbalize when I need to go to the bathroom and eliminate (urinate/bowel movement)
- I can pull my clothes up and down (on and off) to use the bathroom.
- I can get on and off the toilet by myself.
- I do not wear diapers or pull ups at any point while at childcare or school.
- I can wipe myself for both urination and bowel movements.

A child must meet all program standards during the majority of time spent at the center for the child to be considered toilet trained. Accidents happen, but for a child to be considered 100% toilet trained, accidents should be few and far between. A child may change classrooms at the age-appropriate time; however, tuition rates do not change unless program standards are met.

TIPS FOR TOILET LEARNING AT CHILD CARE:

Get on the same page. Talk with your child's teachers about the approach they use. They can help you watch for signs of readiness. These signs may include staying dry for lengths of time, expressing an interest in using the toilet, and being able to pull clothes up and down. You and your child's teachers will work together to develop a plan for toilet learning. Share your own philosophy and any concerns you have. Mutually agree on how you will handle toilet learning and make sure that you consistently follow the plan during the evenings and weekends.

Communicate, communicate, communicate. Let your child's teacher know when your child last went potty when you drop off in the morning. Ask for the same information when you pick your child up at the end of the day and read the Daily Sheet for detailed information. Find out about the times your child uses the bathroom at school and try to duplicate this schedule at home.

Come prepared. Accidents are bound to happen during the first few weeks of toilet learning, so make sure your toddler is prepared to cope with potty accidents. Be sure to send your child with plenty of clean clothes. Skip the onesies, blue jeans, or overalls, and opt for soft, loose pants with an elastic waistband. These clothes help your child be more independent, and they also simplify the inevitable changes. Send your child in shoes that come off easily and do not forget extra socks.



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Expect setbacks. Toilet learning is a major developmental milestone and it's very common for children to make progress and then regress. Try not to get discouraged or express frustration to your toddler. Make sure that your child is really ready before you start toilet learning. The age of readiness varies from child to child, but most kids are ready to toilet learn between 20 and 30 months. Take it slow and use a relaxed, positive approach. Talk with your child's teacher if you have questions or just need some extra support.

Push the fruits and veggies. What does nutrition have to do with toilet learning? Constipation is a common problem when children do not eat enough fiber. Children sometimes develop a fear of toileting if they've experienced painful stools. Eating fruits and vegetables helps keep their digestive system regulated.

Childcare toilet training is a collaborative effort between childcare teachers, parents, and the child. Consistent training combined with effective open communication between all parties and positive reinforcement of the child's successful toileting practices will in most cases see positive results. Supporting toilet training in childcare can be a rewarding experience for all parties involved.