



Potty Training Policy

Hello, potty-training families!

Potty training is an exciting time for you and your child! While the idea of potty training is introduced in Waddlers in the later part of the school year, many children are not ready until they are in Toddlers. The Toddler class has a three-teacher dynamic the first half of the year specifically to help with potty training. We know that in order for this to be successful we need to partner together for your child's best interest. Below are our policies and guidelines surrounding potty training. We are always available for open communication during your child's potty training experience. Please let us know if you have any questions!

*Please note that we do not start any potty training in the Baby Room

There are a number of self help skills that we work on at school that help with potty training. It will be helpful if you practice these skills at home as well! We start working with children on self help skills related to potty training in Waddlers, and really start diving into consistency with these skills in Toddlers where most of the potty training happens.

- Pulling pants up and down. In Waddlers, children are placed on the floor after diaper changes and gently asked "Pull your pants up, please" while the changing table is being cleaned. Once the child is given an opportunity, then the teacher helps. In Toddlers, children are encouraged more and more to participate in this skill.
- Sitting on and getting on and off the toilet. We have a small step stool at each toilet used by a child as well as the option of a small toilet seat that folds down. We encourage children to get onto the toilet by themselves. Our teachers are always available to help if a child needs help getting on or off the toilet, but children need to be able to hold themselves on the toilet.
- Being able to wipe. Again, our teachers are always available to help, but we do encourage children to be able to wipe themselves.

The following are a few of the signs we see when your child may be ready to potty train:

- Shows an interest in the toilet
- Can recognize when their diaper is wet or soiled
- Stays dry for about 2 hours
- Can use consistent words or gestures to communicate they need to potty

Diapers are required at school until your child is actively potty training. We define active potty training as mostly dry diapers when awake and the child telling their teachers when they have to go on a consistent basis. Once your child is actively potty training we do allow pull-ups that have the velcro sides, but we do prefer diapers. We require velcro sides to easily allow teachers to put the pull-up on and remove it without taking off the child's clothes and shoes.

Parkside teachers will agree to:

- Encourage and praise all success that your child achieves during their potty-training experience.
- Expect some accidents and treat them as teachable moments. We will watch for and identify signals that may help us make it on time next time as well as encourage children to be independent in changing their own clothes.
- Take children to the bathroom during our regularly scheduled diaper/potty times which is typically after meals and waking up from nap time and when the child asks.
- Document all successes, accidents and clothing changes on your child's daily feed on Brightwheel.

*With Arkansas' Minimum Licensing Requirements, there are specific rules we have to follow including: Not placing children on the potty for prolonged periods of time (one minute per year of their age), not making children go when they have told us "no" and not using sticker charts or offering any other form of reward. We also do not use timers or potty chairs but instead have full sized toilets with a step stool. **It is very helpful if you also use the toilet at home instead of a potty chair.**

We ask parents to:

- Request a conversation with your child's teacher to discuss this policy handout when you believe your child is getting close to potty training.
- Have a fully successful weekend of potty training with no accidents at home and understand your child needs to have majority success using the toilet at school consistently for two weeks or longer and have pooped in our toilet at least once before sending your child to school in underwear.
- Have your child wear elastic waist clothes. No buttons, snaps, belts or one piece clothing. Sweatpants, athletic shorts and elastic waist pants are best. No dresses as it is hard to coordinate holding up the dress and sitting on the toilet at the same time. Your child should be able to easily pull up and down their own clothing.
- Have your child go to the bathroom shortly before arriving at school. It is helpful to our teachers if your child uses the bathroom before being dropped off, whether that means your child going potty just before making a short drive to school or accompanying your child to their classroom bathroom before checking them in.
- Please continue to provide diapers for nap time. When your child goes more than two weeks waking up with dry diapers from nap time, a discussion with your child's teacher can take place about not wearing a diaper while they sleep.

Please note: If your child is having more accidents than successes at school, we will ask you to return to wearing diapers or pull-ups at school to maintain cleanliness of the indoor and outdoor classrooms.