

Toilet Training Guidelines

We at Little Discoveries Early Learning Center are pleased to work with you and your child through many milestones in their early development. Toilet training is one of those milestones. For our efforts to be successful your child needs consistency during the day, while at school, and at home as well. Before we begin the process, you will need to talk with your child's teacher, be committed to working with your child at home, read and sign this document.

First, your child should show most of the following signs of potty training readiness. You will have a talk with your child's teacher to compare notes and then decide if your child is ready for potty training.

The following signs to look for are:

- * Expresses an interest in the toilet
- * Expresses the need to use the restroom (verbally or through body language)
- * Able to dress and undress themselves with little to no assistance
- * Uncomfortable in wet diapers
- * Stays dry for 3 – 4 hours
- * Imitates family members
- * Interested in big kid underwear
- * Can sit in one place for an extended time (up to 5 minutes)
- * Can climb up onto a toilet seat with a stool
- * Can walk to and from the bathroom on his/her own
- * Have well formed, more predictable bowel movements and be able to go through the night without a bowel movement

Now we are ready to begin potty training through our collaborative efforts. Please review the do's and don'ts necessary for your child's success.

Do's:

1. Do review the potty training readiness outline on page 1
2. Do have initial conversation with your child's teacher. She will ultimately determine if your child is ready
3. Do have patience, anger due to accidents will only prolong the process
4. Do remember, all children are different and some are ready at 2 years of age and others can take as long as 4 years of age to be completely ready
5. Provide your child with additional clothing (a min. of two complete sets) If your child does not have additional clothing he/she will be placed in a diaper in the morning
6. Do send your child to school with clothing that is easy for the child to remove. Double knotted laces on shoes, belts, over-alls, tights, excess buttons, snaps are all articles of clothing extremely hard for your child to remove

Don'ts:

1. Don't push your child, he / she will show the signs from page 1 (and more)
2. Don't ask us to use pull-ups for potty training, pull-ups are just another diaper
3. Don't send your child to school in pull-ups if we have not begun the potty training process
4. Don't ask us to use candy as a reward (food is not a reward or punishment). The use of food as a reward or punishment is prohibited under Nevada State Childcare Licensing. Try stickers as a reward
5. Don't become frustrated if after several weeks of success there is regression. Small changes to a child's life can very easily cause a slight set-back
6. Don't have an expectation your child will be placed on the toilet every 30 min. because it works at home (refer to pg. #1)

The training process will work best for your child if training takes place consistently at both school and home. When your child, you, and your child's teacher are ready to begin please sign and date this form. Your child's teacher will provide you with a copy and one will be filed with your records here.

Parents Signature: _____

Date: _____

Teacher's Signature: _____

Date: _____