

“Tinkle, Tinkle, Toot, Toot! Welcome Aboard the Potty Train!”

Information for parents to help ease communication between the childcare center and home during potty training.



Welcome to potty training! This is an important milestone in your child’s life and we are happy to be a part of it. The keys to successful potty training are readiness, patience, and consistency. Potty training is one of the few areas over which a child has complete control. If you or we demand that he toilet train, a major power struggle may result. A low-key, no pressure approach works best.

Potty-training success hinges on physical and emotional readiness, not a specific age. Some of the things we look for when deciding when potty training should begin are:

- The child shows interest toilet, or in wearing underwear.
- The child understands and follows basic directions.
- The child seems to be aware of the need to urinate or defecate and shows it with words, facial expressions or posture.
- The child stays dry for periods of two hours or longer during the day.
- The child does not like the feeling of wet or dirty diapers.
- The child can pull down his or her pants and pull them up again.

Please remember that it is not a good idea to introduce potty training if your child has experienced or is about to experience a major change, such as a move or the arrival of a new baby in the family. It is usually better to wait a few months in these situations.

What we need from you:

- Your patience and your good humor. It does no good to get tense or upset about “accidents.” This only puts pressure on your child and your little darling may balk and stop cooperating.
- Please provide four complete changes of clothing every day. Yep. That is a lot of laundry, but that is what it takes. Wetting or soiling himself in a Pull-Up or diaper is not as uncomfortable as it is in underwear. The discomfort of being wet, and helping with changing his own clothes are part of the process.
- Please don’t ask if your child had any accidents each day. (You’ll know by the amount of soiled clothing you take home.) It really can cause stress for your child and/or draw him into a power struggle. The teacher will, however, always tell you when your child uses the potty successfully so you can celebrate, too!
- Place a potty chair in the bathroom at home. Be sure that your child’s feet can touch the ground so he feels secure while sitting there.
- Please understand that potty training is really more like a roller coaster than a train. Your child may have occasional setbacks, but they will be temporary and short-lived if we do not make a big deal out of it.
- Most children master daytime bladder control first, often within about two to three months of consistent toilet training. Nap and nighttime training might take months — or years — longer.
- Please understand that we want your child to be successfully and happily potty trained just as much as you do, and we understand that you may become frustrated at times. Just remember that it is the situation that you are frustrated with — not your child or his teacher.

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What we will do:

- Potty training is just a regular part of our day. Your child will take several regular turns on the potty throughout the day. We will not ask if he needs to go, we will just let him know when it is his turn to go to the potty. If a child asks or shows signs that he needs to go before his turn comes, such as such as squirming, squatting or holding the genital area – we will respond quickly in order to help your child become familiar with these signals, so he will stop what he or she is doing and head to the toilet!
- We will place wet or soiled clothing in a plastic bag labeled with your child's name and place it in his cubbie for you to take home each day. Health department regulations do not allow us to rinse soiled underwear due to danger of surface contamination by splashing. However, we will do our best to get rid of as much fecal matter as we can by gently shaking it into the toilet.
- We will focus on "awake" potty training. Naptime (and nighttime) potty training are a separate issue and require a mature pituitary gland that produces an antidiuretic hormone which is part of the body's mechanism for controlling fluid balance. Antidiuretic hormone tells the kidneys to make the urine more concentrated so that the body retains fluids. Normally, urine is more concentrated during sleep so that the bladder doesn't fill as quickly during sleep as when awake and people don't have to urinate as frequently. You can understand that neither your child nor his teacher has any control over that. Nap and nighttime training might take months — or years — longer than "awake" potty training.
- We'll teach your child to wipe carefully from front to back to prevent bringing germs from the rectum to the vagina, penis or bladder.
- When it's time to flush, we will let your child do the honors. Kids love to flush!
- We'll make sure your child washes his or her hands after using the toilet.
- We will remain calm if he has an accident and treat it very matter-of-factly as we help him change his clothes so that he does not feel like he has "failed." Please remember that it is not uncommon for a child to wet or soil himself either as he heads for the toilet or shortly after leaving the toilet. That is all part of timing and correctly recognizing the signals his body is giving him.
- We will celebrate when he successfully goes to the potty! And we will always let you know so you can celebrate, too!

Want to do more?

- Take your child on a special shopping trip and let him or her select some special underwear to purchase. Nascar Drivers, Super Heroes and Disney Princesses can be great incentives!
- Read storybooks to your child about potty training – there are quite a few! We suggest: *The Potty Train* by Hochman & Kennison, *Even Firefighters Go Potty* by Wax, *Pirate Potty* by S. Berger, *Where's the Poop?* by Harting, *Superhero Potty Time* by DiCicco, *Once Upon a Potty* by Frankel, and *I Can't, I Won't, No Way!* by Vessilio

We appreciate your patience, understanding and cooperation. Thank you for choosing our preschool for your child care needs. We are proud to be a part of your child's life.