



Our Potty Training Policy

If you feel your little one is ready, I would like to share with you some ideas and experiences to help the process. We have some basic policies when the time comes to begin training. I've put in bold the most important points.

Let's define a potty trained child:

A potty trained child is a child who can do the following:

- 1) Be able to **TELL** the adult they have to go potty **BEFORE** they have to go. They must be able to say the words "I have to go potty" **BEFORE** they have to go.
- 2) Be able to pull down their underwear and pants and get them back up without assistance.
- 3) Be able to wipe themselves after using the toilet.
- 4) Be able to get off the potty by themselves.
- 5) Be able to wash and dry hands.
- 6) Be able to go directly back to the room without directions.
- 7) Be able to postpone going if they must wait for someone who is in the bathroom or if we are outside and away from the house.

Some things we do to get kids ready to train:

- 1) We start reading potty books and talking about going potty in the big girl or big boy potty during changing.
- 2) We have them sit on the potty during natural transition times (before and after meals, before and after naps, and diaper changes)
- 3) We practice with them getting their pants up and down on their own and hand washing.
- 4) We will supervise them and watch for signs that they have to go or are going and get them off to the potty.
- 5) We keep close communication with the parents about any indicators suggesting the child is ready.

Some things we don't do:

We do not put kids on a potty schedule where they go every half hour or hour. It's very time consuming with little to no benefit. This may cause many problems with children not being able to hold much urine and having to constantly go to the potty further along down the line. They are not able to settle down at nap because once they relax and have a little bit of pee they have to get up and go. They can't do walks because they can't make it very long without having to come back to potty. The day pretty much centers around the potty which just isn't realistic in this setting.

We don't limit food or drinks to only be given at certain times. We maintain the same food and snack schedule during training.

We don't clean out poopy underwear. We will bag pee soaked underwear and return it to the parent at the end of the day but we will not do this with soiled underwear. We must dispose of that immediately into the garbage. We don't do laundry of any soaked or soaked or soiled clothes. They are bagged and returned to the parents at the end of the day.

Some helpful hints to help you at home:

- 1) Be cheery about the potty. A happy experience each time they are on the potty will translate into quick training at home.
- 2) If there are two adults in the house have each adult “ask” the other adult if he/she can go to the potty at least four or five times a day. Your child seeing and hearing you “ask” if you can go will get the idea in their head that they need to do that too.
- 3) Praise the child on success for every step of the process but do not overdo it. You don’t want them trying to do the potty thing fifty times a day to get your attention or get rewarded. A “way to go” or a “thumbs up” and big smile will let them know you are proud. We use the phrase “you go potty like the BIG boys/girls do!!!! They love the idea of being BIG.
- 4) A little bribery can be a good thing but please try to reserve that as a last resort. Remember, going potty is a natural body function that is expected to be done. Kids hearing, “Good job little buddy... you go potty like the big boys do” is often a good reward for an expected developmental accomplishment. A sticker chart or small sticker to wear can help make it a positive new experience. If you choose a sticker chart, have the child use the potty for a certain number of days to get a reward. Example: parents can take them for out for ice cream at the end of a successful week.
- 5) Let the child in the bathroom with you when you are going potty. This is really important for the same sex parent. Let them see how it works and you washing up afterwards.
- 6) Don’t let them play toilet paper. If they are infatuated with toilet paper give them a couple of generic cheapo rolls to play around with in the house to get it out of their system.
- 7) No punishment or consternation for accidents. Just talk to them about them needing to ask to go to the potty next time. We say “next time you will go potty like the BIG boys do... okay?!!”
- 8) If you see them mid way trying to poop or pee scurry them off to the potty to finish up.
- 9) Give your child three or four minutes to get the job done. It shouldn’t take more than a few minutes. Don’t let it turn into an attention seeking time where the child gets you to one to one them. It’s only about going potty. If they don’t go in a reasonable time tell them it’s time to get off and we will try again another time.
- 10) Don’t allow potty time to be a stall tactic to avoid doing something the child doesn’t want to do. We see this here at toy pick up and nap time. Some kids will claim they have to go potty to avoid having to go to bed. If you see a pattern of avoidance have the child do the potty a little bit before you want them to do whatever they are avoiding so it doesn’t interfere.
- 11) I don’t encourage any toys or books during the training time. It really can backfire on you. Potty time will quickly turn into one to one attention and play time for the child. After a child has been trained for a few months you can add a book for them to look at if they are having a hard time going poop.
- 12) Keep attention and interaction during potty time to a bare minimum. If your child is generally messing around during the time he/she is sitting on the potty then turn away from them and keep the eye contact down. Keep the atmosphere calm and focused.
- 13) We train boys sitting down first. We switch them to standing up when they are tall enough to reach over the seat and adept enough to aim.
- 14) Be careful of public automatic flushing toilets. The noise of the flushing will scare them. If you bring a little post it note with you when you go out you can put it over the sensor so the toilet doesn’t automatically flush right when your child gets off of it.
- 15) Have fun. Stay cool. It will all work out.

Please don’t expect the same performance here as at home:

I’ve seen both ends of the spectrum with kids ability to be “trained” here and not at home and vice versa. I’ve had kids who have been successful at home and are unable to do it here for a number of reasons:

- 1) Kids are not trained at home to tell the parents they have to go BEFORE they have to go but rather are allowed free access unsupervised to the bathroom in their home. Again, here they must tell us BEFORE. They can't leave the playroom without an adult and go into the bathroom without supervision.
- 2) There are many more distractions here with a larger group of kids, toys, and bustling activities.
- 3) They need one to one attention throughout the day in order to keep up with the toileting. Here we have multi-level aged children who have various needs and supervision requirements. We can't focus on one child but must divide our attention with all the kids. This is another reason your child must tell us he/she has to go. They need to bring it to OUR attention. We can't focus only on them to pick up cues, sign language, or specific behaviors to tell us it is time.
- 4) Parents are putting the child on the potty in small time increments. We don't do this here so the child will wet themselves many times throughout the day if this is being done at home.
- 5) Parents are over exaggerating and sometimes purposefully deceiving the child care provider into believing the child is completely trained at home so they can avoid bringing diapers. There is also an element of the parent population who believe that early training is a sign of giftedness and want their children to be advanced. Potty training has nothing to do with giftedness regardless of the age of training.

We don't put children into underwear until they have been COMPLETELY accident free HERE for one full week.

This is an absolute non-negotiable policy. The reason we have this policy is because over the years we are training many kids. We have to set up policies that maintain infection control standards for the child care and protect the carpet, furniture, and inventory of the day care. Due to licensing, we have to have higher standards than a parent has at home to avoid having to do frequent carpet and furniture cleaning and replacements. The majority of the day care portion of the home is carpeted.

Naptime training:

Sometimes kids nap train right away when they are awake time trained. Most children are not able to do this and it is many months and sometimes years before they are nap trained. We require nap diapers until the child has slept through nap for one full month without a pee accident.

What to wear during training:

Children should wear easy on and off pants during training. We prefer sweat pant like bottoms until they are physically capable of doing snaps and buttons. Please don't send them in anything that requires us to remove the top to get to the bottom. We don't allow overalls, kid costumes, union suits, one piece jammies, or shirts with snaps at the crotch. Diapers and pull-ups are both okay for training. If you have had great success at home we can do the training with the underwear and a pull-up over the underwear during the training.

***If the child has regular accidents in the underwear we will switch them back to regular diapers/pull-ups and try again at another time.

Finally, I have found that a number of kids are easily potty trained during long vacations and holiday breaks. The parents have the time to do the intense work and supervision. Parents can allow the child to be in underwear for many consecutive days. **If they are successful at home they still must remain in diapers/pullups and be accident free for one full week HERE.** They can come in underwear with pull-ups when they return. That way they will have a protective layer over the underwear to protect the carpet should they revert back to accidents. I will let you know how they are doing every day. Thanks and let me know if you have any questions or want to discuss it further. If it's done at a time when they child is truly ready it should go very easily and quickly.