



## Toilet Training Policy

Toilet training is an essential stage in a child's development and a crucial "self-help/care" skill. Successful toilet training enables a child to experience feelings of achievement, self-control, and pride in their own abilities. Every step taken toward the goal of becoming fully potty trained paves the way for the next step in a child's development.

### Toddlers & Twos

#### *How do we know a child is ready to start the process of potty training?*

- The child remains dry for at least two hours at a time during the day or is dry after naps.
- Bowel movements become regular and predictable.
- Facial expressions, posture, or words reveal that a bowel movement or urination is about to occur.
- The child can follow simple verbal instructions.
- The child seems uncomfortable with soiled diapers and wants to be changed.
- The child asks to use the toilet or potty.

Once a child shows signs of readiness, families and staff will discuss a plan of approach prior to the start of training. Each classroom has routine toileting periods based on their daily schedule. These consistent times of toilet use create positive and natural opportunities for each child to try to use the potty. The restrooms are always available for children to use throughout the school day, with staff providing monitored assistance.

#### *When do we consider a child fully potty trained?*

- The child can communicate to a teacher that they need to use the toilet.
- They can stop what they're doing and use the restroom.
- They have the ability to pull down/up clothes with minimal assistance.
- They are able to wipe themselves after using the toilet.
- The child can follow through on a hand-washing routine.

Each child needs to be emotionally and physically ready to start potty training and must be willing to cooperate with the process. **Consistency is critical, and once the journey begins, families and teachers should partner to create clear continuity at home and school**, including providing appropriate training items, such as pull-ups, training underwear, and additional changes of clothes, as accidents are an anticipated part of the process.

***\*Teachers are not allowed to wash clothing containing bodily fluids or solid waste. Those items will be placed inside plastic bags to be washed at home.***

## Preschool (Ages 3 to 5)

It is our expectation that the preschool-age children (three to five-year-olds) will be fully potty trained at the start of their time with us. See, *“When do we consider a child fully potty trained?”* However, we realize that “accidents” will happen. “Accidents,” by definition, are unusual incidents and should only occur infrequently. While many children experience minor regressions due to stress created by new situations, illness, or family life changes, these shouldn’t be considered the norm. Our teachers will do their best to partner with families to return students to being fully potty trained as soon as possible.

The preschool will provide the following:

- Guidance in the form of parent/teacher meetings and resources on how to support toilet training at home.
- Set up consistent routines and schedules for toileting at preschool.
- Positive reinforcement and encouragement for successful toileting attempts.

The preschool reserves the right to set a developmentally appropriate window of time for potty training. If full potty training cannot be achieved within that time frame, the child may not be “preschool-ready” and will be shifted to our waiting list for a later return to school.

### ***Why do preschool-age children have to be fully potty trained to attend preschool?***

- Student ratios and curricular learning goals are impacted when one teacher is required to continually change a child’s diaper or soiled clothing; it takes them away from learning time and supervision of the class as a whole.
- Consistent accidents at school can create a sense of embarrassment or shame for older preschoolers, causing even more significant delays in full potty training.
- Our older classrooms are not equipped with diaper-changing tables or areas for storing diapering supplies.