



## Toilet Training

At Tender Hearts Early Learning Program, we want to support your toilet training efforts when both you and our staff agree that he/she is physically ready.

At Tender Hearts Early Learning Program, children will never be disciplined for lapses in toilet training. We have child-sized toilets throughout our facility. Your child is required to wear diapers or training pants until fully toilet trained, with no accidents for a minimum of two weeks, for health reasons.

If you have any questions about our toilet training policies, please visit with Program Manager, Gabie Wetter.

**Please check all that apply to your child to determine if your child is ready to begin Toilet Training:**

Follows simple directions.

Remains dry for at least 2 hours at a time during the day.

Dry after nap time.

Regular and predictable bowel movements. (Some children may have them every day and some may have them less frequently.)

Walks to and from the bathroom, pulls down own pants and pulls them up again.

Seems uncomfortable with soiled or wet diapers

Seems interested in the toilet.

Has asked to wear grown-up underwear.

If your child has most of the skills marked, you can assume that your child is ready to start potty training. Potty training may best be accomplished by starting at home first then at child care.

If the child does not have most of the skills marked, wait a few weeks or months and refer to the check list again. Toilet training is much easier if the child is truly ready to master this skill.

Try to be consistent in the Toilet training process, please share with us some information about your child's and family's preferences in this process:

What words or gestures does your family use for body parts, urine, and bowel movements?

What strategies have been tried at home> (i.e.: Reading books, aiming at Cheerios, trying on big kid underwear, sitting on the potty.)

Does your child have a special need or circumstance that needs to be taken into consideration?

The following are some helpful hints in toilet training your child:

- A calm easy going approach works best.
- Toilet training involves many steps (discussing, undressing, going, wiping, dressing, flushing, hand-washing) reinforce the child's success at each step.
- Help children recognize when they are urinating or having a bowel movement. They must be aware of what they are doing before they can do anything about it.
- Children should be shown how to use the toilet by watching other children who are trained or discussing each step and practicing each step without actually using the toilet. (i.e.: have child sit on the toilet dressed, flushing toilet, etc.)
- Include toilet training into the daily routine such as reading books, songs and games that reinforce the skills needed to toilet train.
- Dress children in easy to remove clothing to help children be successful in undressing and dressing.
- When a child is giving the signs of having to use the toilet or tells you they have to use the toilet, take the child in and help undress them and on to the toilet. Sit by the child for a few minutes. Try not to push for immediate results. After a few minutes, help the child with the rest of the routine and give praise for the effort or any successes they had.
- Try to encourage going to the toilet after meals or snacks. This is the time they may actually need to go.
- Never force a child to sit on the toilet against their will or for long periods of time if they do not want to. This could set up a power struggle and negative feeling toward toilet training.
- Never punish for accidents. Occasional accidents are normal. Clean and change the child immediately. Be positive and reassuring that they will be successful. Punishment does not make the process go faster and may delay it.

Toilet training is a big skill to learn. Be patient. Let the child decide when he/she is ready. If you do, the child will most likely be trained in a very short period of time. However, nighttime dryness may take an additional six months to a year. Set backs are common and should be expected. This does not necessarily mean failure. The child may be taking a temporary step back to a more comfortable place, which helps support later progress.

Additional information on toilet training can be found at [www.nccc.org/guidance/toilet.train.html](http://www.nccc.org/guidance/toilet.train.html)