

BRIGHT HAVEN

POTTY TRAINING ORIENTATION

Potty training is an exciting time and should be a positive experience for a child. It should take only a short period of time, if the child is ready. Toilet learning is as individual as learning to walk. There is no correct age by which all children should be using a toilet. Problems with toilet training usually arise because adults are too eager and the child isn't ready.

The Staff members at Bright Haven start encouraging children to use the potty around the age of 18 months. **Once we along with the parent feel that the child is fully ready, we will try toilet training with your child for 5 school days.** If the child shows no interest, is fearful, or has too many accidents, your child will go back into diapers until **we decide together** that your child is ready to try again.

Here are a few helpful hints of ways we can work together to minimize frustration and maximize success. Of course, always encourage your child, and continue to follow the process at home.

- Dress your child in **loose fitting clothing** that he/she can manage independently – such as pants with elastic waist that are easily pulled up and down. Do not dress your child in overalls or shirts that snap between the legs or jeans. Dresses are also challenging because the child can't see to pull down their pants.
- Please supply regular **thin cotton underpants**, rather than thick training pants or pull up diapers. This makes it easier for a child to realize that he/she has had an accident. We will put them in diapers or pull ups at naptime until the child is dry all day on a regular basis. **Please provide only diapers or pull ups that have Velcro sides.**
- Provide at least Three complete sets of extra clothes (including socks), **every day**. Label all clothing with the child's name. Bring and extra pair of shoes to keep here as well.
- Decide at the beginning of the training whether little boys will sit or stand to urinate and let the teachers know your decision.
- **Have your child start wearing underwear at home the weekend before we initiate training here.** By all means, continue the program at home, having the child wear underwear rather than diapers. If you feel you need to, the child can wear a diaper at night, but first you might try getting the child up once during the night to go to the bathroom. For consistency, once the decision to begin toilet training has been made, your child should continue to wear underwear every day. Going back and forth between diapers and underpants-with the exception of naptime or bedtime- is very confusing and counter-productive. **Please do not bring your child to school in a diaper and ask us to change them into underpants.**
- The child will be told that it is their "time to go potty", every hour and a half, as well as before leaving the classroom to go to the play area, and laying down for a nap. This helps them get into a regular routine of using the restroom. A child will be allowed to use the bathroom at any time even if it isn't a scheduled time.
- Unfortunately, because of health regulations, teachers can't wash soiled clothes. We will dump what solid waste we can into the toilet and put the underpants into a plastic bag for you to take home and wash. All dirty clothes will be placed in a plastic bag and will be hanging on his/her hook at the end of the day. Please remember to check for these bags.
- Please initiate a morning routine of having your child use the bathroom upon arrival at school.
- The ultimate goal of toilet training is to enable the child to see undressing, toileting, dressing and washing hands as one continuous act he/she can successfully accomplish independently.
- After **three** accidents in a day we will change your child into a diaper or pull up that you have provided.
- **Reminders:**
 - Your attitude is important:
 - Be matter of fact
 - Praise accomplishments
 - Accept Failure
 - Over-praise can cause your child to be fearful of accidents or feel it is not a natural part of the process.
 - Imitation can be a powerful tool. If you feel comfortable, allow your child to see parents and/or siblings using the restroom.
 - There will be accidents, even after toilet training is mastered. Your child may get involved in play and forget.
 - End ever toilet training session with a routine of washing and drying hands.

I have read and understand Bright Haven's Potty Training Orientation

Parent Signature

Teacher Signature