

BHCLC Potty Training Contract

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

Common signs a child is ready to begin toilet training:

- Pulling at a wet or dirty diaper.
- Hiding to pee or poop.
- Interest in others' use of the potty, or copying their behavior.
- Having a dry diaper for a longer-than-usual time.
- Awakening dry from a nap.
- Telling you that they're about to go, are going or have just gone in their diaper.

The Staff members at Bright Haven start encouraging children to use the potty around the age of 24 months. **Once we, along with the parent, feel that the child is fully ready, we will try toilet training with your child in underwear 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 they can manage independently - such as pants with elastic waist that are easily pulled up and down. Avoid dressing 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 her panties down.
- 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. **Diapers or pull-ups must have Velcro closures.**
- Provide at least three complete sets of extra clothes (including socks), **every day**. Label all clothing with the child's name. Bring an extra pair of shoes to keep here as well. (Shoes such as crocs that are waterproof are an excellent choice since they are easily cleaned.)
- Decide at the beginning of the training whether boys will sit or stand to urinate and let the teachers know your decision.
- **Your child must have begun wearing underwear at home prior to wearing it at school.** 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. **A child must come to school in underwear. We will not change a child from a diaper or pull-up to underwear.**
- The child will be told that it is "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.
- Health regulations prohibit teachers from washing soiled underwear. 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 daily.
- At drop-off in addition to washing hands, parents should also take their child potty as part of the morning routine.
- 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
 - Celebrate accomplishments
 - Accept accidents as a normal 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.
 - End every toilet training session with a routine of washing and drying hands.

I, _____, (parent/guardian) have read and agree to comply with Bright Haven's Potty Training Contract.

_____ Parent/Guardian Signature _____ Date

_____ Child's Name _____ Teacher Signature