

Karin's Little Helpers Toilet Training Policy

IS YOUR CHILD REALLY READY TO USE THE TOILET?

Verbal stages of Toilet Learning readiness: Basic Verbal Skills:

The child is able to speak in three or four word sentences.

STAGE 1- The child tells you they have a wet diaper, they recognize when they are wet.

STAGE 2: The child tells you they are wetting. They recognize the sensation of wetting their diaper.

Physical and Psychological signs of Toilet Learning readiness

- * Stays dry for a long time
- * Has bowel movements at regular times
- * Can undress themselves and pull up their own pants
- * Emotionally ready.
- * Awareness and knowledge of the world beyond themselves
- * Can follow three of four step instructions.

Before we begin:

Toilet learning should be a positive experience for everyone involved.

It should take a short period of time if a child is ready. Problems arise when adults don't pay attention to the child's lack of readiness. They pressure the child through weeks of failure rather than realize the timing is wrong. Toilet learning is as individual as learning to walk. There is no right age by which all children should be toilet learned.

Once you and I see and agree on the stages and signs in your child, we can try toilet training your child for 10 working days. If your child shows no interest, has too many fears or too many accidents, your child will go back to regular diapers until you and I feel they are ready to start again. Ask yourself during the process, "Who is doing all the work?" You or your child? When children are really ready, you show them how they will undress themselves to use the toilet or change themselves after an accident and they will remember and follow the steps to toileting (pee, wipe, flush and wash).

SPECIAL NOTE TO PARENTS: Start this process on a weekend. It is very important that parents be the one to start this process and not the provider. After a weekend of testing this out, if you still feel your child is ready, then let me know on Monday, to continue the process or to wait and start another time.

Karin's Little Helpers Toilet Training Policies:

Here are some requirements for toilet training that will not only help you the parents, and me the provider, but will help limit some frustrations for your child.

1. Child needs to wear loose fitting clothes that THEY are able to pull up & down., Pull on pants, sweat pants, and shorts work well as they are less restricting.
2. Please no overalls, zippered pants, or belts. Please no T-shirts that snap between legs or one piece outfits that snap up the back.
3. Please no dresses, girls cannot see to pull down their underwear.
4. Please provide two extra sets of clothing in cubbies at all times.
5. I like to start with 5 ply cotton training pants. Pull ups are like diapers as the child does not feel the wetness. If a child is truly ready and doesn't like being wet, they will learn quickly to use the toilet-the key is "truly ready."
6. Later when the child has made adequate progress and does not have accidents, the child can wear cute panties and cool underwear.
7. Child tries to go potty every 30-45 minutes the first week and as necessary the following weeks. I say, "It is time to try and go potty." I do not ask the child if they want to try and go potty as then I here, "NO!"
I say, "It is time to try and go potty."
8. Please avoid using diapers for any situation once you start the process (like going to store, etc.) If needed, use pull-ups for bedtime only.
9. Please praise your child for trying. Please do not reward your child with candy or food. Please do not get angry at your child when he has an accident.
10. You, as the parent, know your child better than anyone else, so toilet learning needs to start at home the weekend before the child starts at day care.
11. The steps above will help your child succeed if they are ready, willing, and able. Then, let me know if your child is ready or not to continue Monday morning.
12. Continue positive reinforcement at home. Parents must follow through at home, this cannot be done solely at child care. It takes both parent and provider to accomplish this goal.

It is a joy to help your child is this great adventure!

Additional Reading:

Toilet learning by Alison Mack
123 the Toddler years by Irne Vander Zandle
Once upon a potty - Joshua by Alona Frankel
Once Upon a potty-Prudence by Alona Frankel
Once Upon a potty-Videos by Alona Frankel
Going to the potty by Fred Rogers
To listen to a child by T. Berry Brazelton
Infants and Toddlers by La Visa Cam Wilson
I have to go! by Robert Munsh.