

Toilet Training Policy

The ARC Teachers are happy to help you with your child's transition from diapers to the potty. Beginning in the toddler room children will be slowly introduced to the potty. Teachers will not start this transition until parents believe their child is ready. So please communicate with the staff in the room when you are ready to start this transition with your child. When toilet training it is a complex process, there are several things to consider for it to be a successful experience.

Things to consider to tell if your child is ready:

- Follows simple directions
- Remains dry for at least 2 hours at a time during the day
- Dry after nap
- Regular and predictable bowel movements
- Can pull down own pants and tries to pull them up
- Seems uncomfortable with a soiled or wet diaper
- Seems interested in the toilet
- Has asked to wear underwear

In the two-year-old room we will continue to do everything possible to assist you in this process. We will take your child to the bathroom and remind him/her to go throughout the day.

Toilet training techniques:

- A calm easygoing approach works best.
- Teachers will learn the words the child's family uses for body parts, urine and bowel movements to be consistent with what the child is doing at home.
- Help children recognize when they are urinating or have a bowel movement. They must be aware of they are doing before they can do anything about it.
- Children should be shown how to use the toilet by watching other children discussing the process (practice flushing the toilet)
- Encourage parents to dress child in easy to remove clothing to help the child when it comes to dressing and undressing.
- When a child gives signs that they have to use the restroom the teacher will take the child and help them as needed.
- Never force a child to sit on the toilet against their will or for long periods of time if they don't want to.
- Never punish for a accident. Occasional accidents are normal. Clean and change child immediately. Be positive and reassuring. Punishment will not help with the process and may cause a relay with the child.