

Growing with Giggles Daycare

POTTY TRAINING POLICY

I will work in conjunction with parents during potty training. I will work with you - but not for you. Should you discontinue potty training at home, please let me know.

In my experience with potty training I have found that a child must be physically, mentally, and emotionally ready to be successful. If one piece of the puzzle is missing the process will only be drawn out. I recommend waiting to start until a child is at least 27 months of age. Provider and parents will evaluate progress on a bi-weekly basis. If a child adamantly resists trying, shows no interest or doesn't make reasonable success with potty training we may choose to discontinue and try again at a later time.

If you have a method that has been working for you, please let me know and I will adopt it for your child. I use a low-key approach with lots of praise and sometimes small rewards (stickers, a special little toy, snack). As already said, if a child shows no interest or reasonable success with potty training, we may choose to discontinue and try again at a later time.

Parents must begin the potty training process at home over a weekend or long holiday. If successful at home, your child is old enough (at least 27 months), is showing signs of readiness and not going through any other changes that would influence the outcome (moving, new sibling, divorce, etc), I will gladly continue the process at daycare.

We usually take group bathroom breaks about every 2-3 hours throughout the day. Your child will accompany us on these trips as well as have reminders in between when first beginning the process. To help encourage independence and for convenience please be sure your child wears easy access clothing. **Please use elastic waistbands and/or dresses while your child is toilet training.** **No onsies or overalls.** Also **“Easy-Ups” or “Pull-Ups” are required** for easy up/down when your child begins using the potty. When making the transition to regular underwear, please bring a backpack with 1-2 full changes of clothes and at least 3-4 bottoms, flushable wipes and a package of latex gloves. This should be brought daily and then we are able to grab it quickly when changes in the bathroom are necessary. Due to health regulations I cannot rinse out soiled clothes. They will be bagged up and sent home to be washed.

There are two criteria that must be met before a child can go diaper/pull-up free in my home. This is for convenience, cleanliness and to avoid damage to my floors and furniture.

1.) A child must demonstrate they can consistently be accident free throughout the day in a

diaper/pull-up.

2.) The child needs to be able to express on their own when they must use the bathroom and be able to control the urge for a few moments after the announcement.

I will be frank.... Please do not assume that since I am "home" that accidents are not an issue and are easy to deal with. If your child is not consistent in your house and you are not willing to put them in regular underwear at home or while running errands etc. then they are not ready for undies at my house either. We are very busy throughout the day taking care of multiple children, sometimes as many eight, and having to clean soiled clothes, carpeting/floors and furniture takes away time from the other children when they should be supervised and cared for and it also causes damage to my personal belongings. **If you don't put them in underwear while at home do not assume it is ok to do so at my house. Please discuss the transition to underwear with me prior to switching.**

By putting your child in underwear you also agree to be responsible for any damages that may occur because of accidents. This includes in extreme cases necessary carpet cleaning and replacing/reimbursement for items that cannot be conventionally cleaned.

If you have any questions or concerns regarding this policy please let me know.

Thank you,
Miss Tiffany

The following is an article you may find informational. ☺

Potty Training: Ready or Not?

By Deirdre Wilson

How do you know when your child is ready to learn to use a toilet or potty? Here's what child-development experts say.

A child is ready when he or she:

Urinate or has bowel movements at more predictable times.

Is aware of and can communicate – verbally or through facial expression – the need to urinate or have a bowel movement.

Dislikes wet or soiled diapers.

Have motor skills that include being able to walk to the bathroom, pull down pants, sit on the potty, relax and actually go in the potty.

Can understand and follow simple directions.

Has a social/emotional readiness that involves “wanting” to be toilet trained.

“Children are motivated to imitate and please parents, and they have a driving need to be in control. The more these factors coincide, the more smoothly your child will accomplish the task,” writes Ann Stadtler, a nurse practitioner who works with children who have had serious difficulty and delays in toilet training.

Even with all these signs of readiness, Stadtler reminds parents to be patient. “It takes time for a child to connect the signal that her body is giving her with the idea of relaxing and releasing her urine and stool into the potty.”

A child is not ready for toilet training, if he or she resists the toilet or potty in any way, including:

Not wanting a diaper taken off and struggling if a parent tries.

Standing at the potty and peeing on the floor or taking off a diaper and having a bowel movement on the floor.

Hiding somewhere in the house and grunting while having a bowel movement;

Saying “no, no, no” to your observations that she seems ready to have a bowel movement.

The Advice Varies

Once your child seems ready and you’ve bought a plastic potty, now what?

Most experts say that introducing your child to the potty and stating your expectations about using it are essential. Beyond that, the advice certainly differs. Here’s a look at the views of several widely published parenting experts:

Drs. Brazelton and Sparrow – They believe that most children will not be ready to learn before age 2. They suggest having the child sit on the potty fully clothed at first with a parent sitting nearby. Parents can talk about the potty, how it’s used and that it’s similar to the toilet they use. Parent and child might read a book together while the child sits on the potty.

After introducing the potty a few times, try the next step – let the child run around bare-bottomed and tell her that if she feels the need, she can certainly try to “go” in the potty.

It may work immediately; it may not. But nearly universal is the advice to not punish or become angry with your child if she doesn't immediately link the need to go with actually doing it on a potty.

John Rosemond – Publicly at odds with Brazelton's toilet-training philosophy, family psychologist Rosemond believes that a child is actually "capable" of learning between 20 and 30 months of age. He advises parents to tell their toddler that, today, they expect him to start using the potty; then remove the child's diapers and let him go bare-bottomed.

"While they're perfectly content to release warm, gooshy stuff into their diapers," Rosemond writes in his book, *New Parent Power!* "children do not like these same substances running down their legs." When a child has a urine or bowel accident and shows alarm, parents can then remind him to use the potty instead. Rosemond advises focusing intensely on this training over several days.

William Sears, M.D. – His toilet training advice is similar to that of Brazelton and Sparrow, except that he believes parents need to condition a child to use a potty or toilet. He advocates charting a child's diaper bowel movements for a few days, then trying to catch an impending bowel movement by getting the child to the potty in time. Eventually, the child learns the connection between urine or a stool and the potty.

Penelope Leach, Ph.D. – She advises parents that while they should be clear with the child about using a potty, they shouldn't constantly remind the child to sit on the potty. She also emphasizes that a child won't really be ready until he can make a connection between the feeling of "having to go" and the urine or stool that results from that feeling.

Parents are the front-line experts in toilet training. Beyond the foundation of experts' advice, some parents also advocate using rewards – such as jelly beans or chocolate chips – to encourage using the potty successfully. Some resort to children's books or videos about the joys of using the potty. And some, like Hutchins, sense a child's readiness and then rely on the bare-bottomed approach to help the child make the connection between sensing the need to go and learning where to do it

Beyond the First Successes

Beyond the initial success of using the potty are new challenges, including a child's fear of flushing a bowel movement (because he's worried that he's losing a part of himself); poor timing when away from the potty; and graduating to a stage where he stays dry all night. As with toilet training itself, all of these require patience, support, understanding and encouragement from parents.

What the experts – and parents who've been through this – will also tell you is that once a child is successful, you shouldn't make a big deal out of it – no matter how thrilled you are. Simply treat that success calmly. Point out that the child went to the bathroom just like "mommy" or "daddy," and acknowledge that the child sure is growing up.

Then maybe whoop and cheer the demise of the diaper when the child is out of earshot!

Resources

Among the plethora of books on toilet training are the following, representing the different views outlined in this article:

The Baby Book: Everything You Need to Know About Your Baby From Birth to Age Two, by William Sears, M.D., and Martha Sears, R.N.

New Parent Power!, By John Rosemond, Andrews McMeel Publishing, 2001.

Toilet Training: A Practical Guide to Daytime and Nighttime Training, by Vicki Lansky, Book Peddlers, 2002. This book includes a children's picture book, KoKo Bear's New Potty.

Toilet Training: The Brazelton Way, By T. Berry Brazelton, M.D., and Joshua Sparrow, M.D., Da Capo Press, 2004.