



Toilet Training Policy

Toilet training is an important step in a child's development. Toilet training takes time, understanding, and patience. It is common to feel a little nervous or anxious about starting toilet training. The more at ease we are in the process, the more comfortable the child will feel and the easier the process will become.

Toilet training can provide a child with feelings of achievement and self-control, and give him or her added strength and pride. Each step that is taken toward the goal of becoming trained paves the way for the next step of the child's development.

Each child is an individual and develops at his or her own rate. There is no set age at which toilet training should begin. The right time depends on the physical and emotional readiness. It is important that child be ready before beginning training. This is usually between the ages of two and three years and sometime even later for boys. If training is started before the child is ready, training will be more difficult and take longer.

A child must be able to control the muscles that regulate the bowel and bladder to be toilet trained. Knowing how to get to the potty or toilet and then undress quickly also is important.

A child must also be emotionally ready. He or she needs to be willing and cooperative, not fighting or showing signs of fear. If a child protest vigorously to training, it may be best to wait for a while. It may also be best to delay toilet training if a child is experiencing stress such as a family move, a new baby in the family, a major illness, or a big change in a child's routine (such as starting a new daycare program).

The following signs may indicate that a child is ready to begin training:

- The child remains dry at least two hours at a time during the day or is dry after naps.
- Bowel movements become regular and predictable.
- Facial expressions, posture, or words reveal that a bowel movement or urination is about to occur.
- The child can follow simple verbal instructions.
- The child seems uncomfortable with soiled diapers and wants to be changed.
- The child asks to use the toilet or potty.



When a child shows signs of readiness and the parents are ready to begin toilet training at home the parent and classroom staff will discuss plans to begin toilet training. Communication between staff and family is very important during this time. Parents and caregivers need to discuss what words will be used to describe body parts, urine, and bowel movements, what type of training pants the child will wear, and the routine at home and daycare for taking the child to the potty.

The following are tips that may help the caregivers and parents assist a child who is physically and psychologically ready for toilet training:

- Encourage the child with lots of praise for his or her efforts. Expect accidents and treat them lightly and don't get upset. Punishment and scolding makes children feel bad and may prolong the process. Clean up calmly without scolding, shaming, or punishing the child. Reassure the child that the next time he or she will remember to use the potty.
- Teach the child good hygiene habits, including wiping from front to back and to wash his or her hands thoroughly after using the toilet.
- Be patient. Children vary in the length of time they need to be ready to be toilet trained. Some children do not gain the complete bladder control bowel movements. Some children achieve bladder control first. All children are different.
- Expect night time control to take longer. After daytime dryness has been achieved, it may take several months before the child stays dry at night. The best way to handle night wetting is to be patient and wait for the child's bladder to mature.
- Consult your child's pediatrician if your child has not achieved daytime control by three and a half or four years of age and continues to wet at night after five years of age or if other concerns arise.
- Think positively. Toilet training is a natural step in a child's development. If done with patience and understanding, it can be easy and rewarding for the child, parents, and the caregiver.