

# Potty Training Letter to Parents

## What to expect in preschool

*When should it begin?*

It is a common misconception that children begin to potty train in their 2's. In our experience, children usually show readiness signs around age 3. Some children do train earlier or later than that. The range of what is "normal" is fairly wide. The secret of success is to wait for signs that your child is ready.

*What is potty training?*

First, let's take a moment to define what potty training is.

**A potty trained child is the child who can do the following:**

1. Be able to TELL the adult they have to go BEFORE they have to go.
2. Be able to pull down and pull up their pants/underwear without assistance.
3. Be able to wipe themselves after using the toilet.
4. Be able to get on and off the potty independently.
5. Be able to wash and dry hands.
6. Be able to postpone going if they have to wait for someone in the bathroom or if they have to walk from the playground to the bathroom.

*What are my child's signals that he or she might be getting ready to potty train?*

Common training readiness signs include:

1. Pulling at a wet or dirty diaper.
2. Hiding to pee or poop.
3. Interest in others' use of the potty.
4. Staying dry for longer periods.
5. Predictable bowel movements.
6. Able to perform simple undressing.
7. Tells you they're about to go, are going, or have just gone in their diaper.

*Is my child ready to train?*

Sometimes parents feel that if they place their child on the potty at home and the child pees, that this is a sign that the child is ready to train. Unfortunately this is not necessarily the case. It is not uncommon for children to be able to do this a full year before they are actually ready to train. Potty training is about 5 percent getting their clothes on and off, 5 percent going pee or poop in the

potty, and NINETY percent being able to TELL the adult they have to go BEFORE they go.

*What will the teachers do to help?*

1. We will read books about potty training.
2. We will talk to the children during diaper changes about where boys and girls go potty.
3. Once your child has had success at home with TELLING you they have to use the potty BEFORE they go, we are happy to let them try going potty here.
4. We will start them in a pull-up here. Once they are COMPLETELY accident free HERE for two full weeks, we will let them wear underwear here.
5. We will ask them to sit on the potty at natural transition times (after meals, before naps, at regular diapering times).
6. We will practice with them to get their clothes up and down on their own and washing their hands.
7. We will supervise them and be observant for signs that they may need to go.
8. We will praise your child for every success and treat accidents calmly, matter-of-factly and without scolding.
9. We communicate closely with parents about any indicators suggesting the child is ready to learn.

*What limitations do the teachers have?*

1. We are unable to take the children to the potty on a parent's predetermined schedule. We are required to stay in state-mandated student-to-teacher ratios as well as keep all children in sight and sound supervision at all times. We are not equipped or staffed to spend large amounts of time pottying, especially in classrooms that do not have an attached bathroom.
2. We are not permitted to limit food or drink. Water is available to the children at all times and we will maintain our regular snack and lunch schedules.
3. Our responsibility is the safety of everyone in the group as well as infection control. If your child has more than 2 accidents in a single day, we will put them back in a pull-up or diaper because a teacher who is cleaning a child and sanitizing the floor is not able to effectively supervise the rest of the children.
4. We are unable to clean soiled underwear or do any kind of laundry or pre-soaking. We will seal items that can be salvaged

into plastic bags for parents to launder at home, but often we must throw away soiled underwear.

5. We do not have the facilities to bathe your child. If the accident was exceptionally messy, we will call you to come get them so they can be bathed at home.

*Can I expect my child to have the same level of performance at school as at home?*

In a word, no. While rarely some children will do better at school than at home, the opposite is far more common. There are several reasons for this:

1. There are far more distractions here at school: more kids, more toys, more activities. It is hard for a child to stop playing to go to the bathroom.
2. We must divide our attention among all the children and cannot focus on a single child like you do at home. This is why your child must be able to tell us that he or she needs to go to the bathroom.

**Please feel free to reach out to us with any questions you may have. We are here as a resource to you. Our goal is to help you make this potty training process as painless as possible.**