

Before and after going outside
With parent just before going home

Potty Training Readiness Checklist

Verbal Stages of Readiness

Basic verbal skills. The child is able to speak in three to four word sentences

- Stage 1 The child tells you he/she has a wet diaper, recognized when he/she is wet.
- Stage 2 The child tells you he/she is wetting, recognizes the sensation of being wet.
- Stage 3 The child tells you he/she will wet, can control himself and uses the potty.

Physical and Psychological sign of readiness

1. Stays dry for a long period of time (the child is able to "hold" his/her urine and bowel movement).
2. Can recognize when diaper is wet or soiled.
3. Has bowel movement at regular times (child chooses when to move its bowels)
4. Adult can recognize when child is moving his/her bowels (Child is deliberately moving bowels)
5. Can undress and pull up his/her own pants (Important because this is the work of the child not the caregiver)
6. Initiates interest in using the potty and asks to wear underwear.
7. Wants to be independent which is very important for the learning process.
8. Child is emotionally ready and is open to learning (is child generally cooperative?)
9. Child has an awareness and knowledge of the world beyond himself. (This sign may seem unrelated to Potty training, but it is a behavior that has been seen in children ready to use the Potty)
10. Can follow three and four step instructions (this is critical for learning to urinate or move bowels, wipe himself and wash hands)
11. Can use consistent words or gestures to communicate.
12. Is able to physically get to the potty and sit on it without help.
13. Must show a willingness to want to sit on the potty and understand its function.

Potty Training Policy Agreement

I have read the Potty Training Policy in its entirety and I agree to abide by the policy set forth.

Childs Name	
Parent/Guarding Signature	Date
Parent/Guarding Signature	Date

When you feel your child is ready for potty training, we ask that you begin teaching at home during a weekend or vacation. **PLEASE NOTE: We will only assist your child in potty training if you have successfully begun training at home for one week prior.**

We will follow through and encourage your child while in care. Potty training will be done in a relaxed manner with the cooperation of the family (Please read the Potty Training Readiness Checklist below). Positive reinforcements and consistency must be continued at home

The child **must** be kept in pull-ups at all times. Under no circumstances will your child be allowed to potty-train in regular underwear. This is for sanitary reasons. Regular underwear cannot contain urine and feces to prevent the spread of germs in the center. Please cooperate with us on this matter. Please keep in mind that the activity level here at the center can distract your child from responding to an urge to use the potty, more so than at your home. Therefore, we will use pull-ups until your child can and will announce that he/she must use the bathroom and can control his/her bladder and bowels for a few minutes beyond that announcement. Once your child remains accident free for a week we will try underwear. Please note we reserve the right to put your child back in pulls-ups and try again at a later date if accidents happen consistently once in underwear.

Proper Clothing

During potty training your child needs to be dressed in "User friendly" clothing as much as possible. The best items are shorts and pants with elastic waist. Please **DO NOT** dress your child in the following

Tight clothing

Pants with snaps & zippers

Overalls or bib type clothing

Belts

One piece outfits

The clothes listed above can make it difficult for your child to reach the potty in time. Your child also needs to be able to pull his/her pants up and down and these items will hinder your child's ability to do so.

Required Supplies

The following items are to be left at the childcare and replaced as needed. Soiled clothes will be returned in a plastic bag at the end of the day.

Two (2) changes of clothing including socks (an extra pair of shoes if available) A bag of pull-ups – you will be notified when the supply is running low.

Potty Learning Schedule

For the first week, the child will be scheduled to use the Potty at consistent times of the day whether the child indicates the need to use the Potty or not.

With Parent upon arrival at the center

Before and after breakfast

Before and after lunch

Before and after nap