



"Potty Training Tips"

In order for the teachers to assist in your child's potty-training process we ask that you observe the following:

1. Make sure your child is ready: Potty training isn't always easy, but some parents make it a little more difficult than it needs to be by making some all too common mistakes, especially when starting the potty training process before their child is ready. There are several indicators that can help you decide if your child is ready to begin the potty training process.
2. Avoid Potty Training Mistakes:
 - Starting potty training during a stressful time in your child's life, such as a move or around the arrival of a new baby in the house.
 - Quickly moving your child to regular underwear as soon as you begin potty training, even before your child shows signs of staying dry for long periods of time or regularly using the potty.
 - Continuing to push potty training when your child obviously isn't interested.
 - Punishing your child for having accidents while you are potty training.
 - Expecting potty training to be a quick process and being able to finish in a few days or a weekend.
 - Expecting your child to complete all aspects of potty training at the same time, such as potty training in public, having bowel movements on the potty, or using the potty each and every time they have to go.
 - Relying on the same potty training method for each of your children, which unfortunately, may not work if your children have very different temperaments.
 - Not realizing that your child may continue to wet the bed at night, even after they have finished potty training, since bedwetting is not usually related to potty training.
3. Begin at Home: Our suggestion would be to begin on a long weekend and be consistent by taking your child to the potty every 30 minutes. Also, try to limit fluids before bedtime.
4. Pull-ups: Even though pull-ups are permitted, we feel that children have a better success with potty training if they can feel when they are wet. Pull-ups defeat this purpose. We encourage the parents to use potty training underwear with the plastic pants to wear overtop. This eliminates soiling on furniture, carpet, toys, and elsewhere. You can also purchase the 2-ply pants, which are potty training pants with the cotton inside and plastic outside. Please be sure to keep your child's cubby stocked with several changes of training pants, plastics, and extra clothing.

Please do not send your child to school with regular underwear on until your child is completely potty trained and has been accident free for 2 weeks.

Please take the quiz which is attached. After taking the quiz, please be sure to sign and date.



Potty Training Readiness Quiz

From American Pediatrics

Is your child ready for potty training?

(Please indicate answers by circling Yes or No)

1. Is your child in a stable and fairly predictable routine, and not experiencing a big change in his life or usual routine, like the arrival of a new baby, change in parents work schedule, or family move? Yes or No
2. Is your child staying dry for at least 2 hours at a time during the day? Yes or No
3. Is your child staying dry after naps? Yes or No
4. Is your child having regular bowel movements at the same time each day? Yes or No
5. Is your child able to follow simple instructions? Yes or No
6. Is your child generally cooperative and not in a very negative phase where he says no to everything? Yes or No
7. Is your child able to say (or sign) simple one-word expressions, like "poop" or "potty"?
Yes or No
8. Is your child uncomfortable in dirty diapers? Yes or No
9. Is your child able to sit down quietly for 4- 5 minutes? Yes or No
10. Is your child telling you when he is about to urinate or have a bowel movement? Yes or No
11. Is your child able to help take off his diaper and undress himself? Yes or No
12. Is your child asking to wear underwear instead of diapers? Yes or No

Please sign and return to Bright Start Learning Center

Parent Signature: _____

Date: _____

Never force a child to sit on the toilet. Teachers/staff shall not use any form of punishment in connection with toilet training.

If you have any questions or want to schedule a time to talk, please feel free to speak with Ms. Janet or Ms. Julie.

Good Luck!
Janet & Julie
Bright Start Learning Center

Bright Start Learning Center, L.L.C
Toilet Training Consent Form

I have read Bright Start Learning Center's policies/tips on toilet training and agree to allow Bright Start Learning Center to assist my child in toilet training. I understand that if I have any questions regarding the toilet training process I can meet with Ms. Janet or Ms. Julie.

Child's Name: _____

Parent Signature

Date