

Dallas ISD Pre-K Toilet Training Guide for Pre-K Children

Learning to use the toilet is a big event in a young child's life. Because toilet training is a complex process, there are many issues caregivers and families must consider before and during the process of toilet training for it to be a successful experience for everyone.

Procedure, Practices, and Responsibilities

How to tell if a child is ready:

The child:

- Follows simple directions.
- Remains dry for at least 2 hours at a time during the day.
- Dry after nap time.
- Regular and predictable bowel movements. (Some may have bowel movements every day and some may have gone 2-3 days)
- Walks to and from the bathroom, pulls down own pants and pulls them up again.
- Seems uncomfortable with soiled or wet diapers.
- Seems interested in the toilet.
- Has asked to wear grown-up underwear.

If the child has most of these skills, then they are probably ready to start toilet training. If they do not have these most of skills or have a negative reaction to toilet training, wait a few weeks or months until most of the skills are checked off. Starting too soon can delay the process and cause tears and frustration. Toilet training is much easier when the child is ready.

Sanitation and Safety:

- Child-size toilets or modified toilet seats with step stool are recommended.
- Wet or dirty cloths should be placed in a plastic bag that can be sealed tightly. Each child should have a complete set of extra clothes at school.
- Encourage children to wipe from front to back.
- Caregivers and children should properly wash hands after toileting, helping with toileting, cleaning area and handling contaminated items.
- Dress children in easy to remove clothing to help children be successful in undressing and dressing.
- Potty accidents can be time consuming for the teachers; they take the teacher away from others within the classroom and can be a sanitary/health hazard issue. It is imperative that parents, school staff and caregivers collaborate to ensure potty training success.

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Accidents Happen:

We realize that “accidents” will happen. “Accidents” are unusual incidents and should not happen frequently. Any child who has an accident will be escorted discreetly to the bathroom by a teacher or assistant. The adult will assist the child in the removal of the soiled clothing. The child will be encouraged to complete the action on the toilet to ensure that the bladder/bowels have been completely emptied and then wipe himself/herself. If the child’s underpants are excessively soiled, they will be thrown away. The remainder of the soiled clothing will be returned to the child’s school bag in a zippered plastic bag. The teacher will assist the child in getting dressed as necessary. Children who have accidents will never be humiliated, punished or belittled. We want the potty-training process to be a happy and successful phase of your child’s life.

Required Supplies:

The following items are to be left in the classroom and replaced as needed:

- 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.) Soiled clothes will be returned in a plastic bag at the end of the day.

Communication plan for parents:

A toilet training checklist is administered to families of children starting the toilet training process.

Tips for Toilet Teaching:

Even before your child is ready to try the potty, you can prepare your little one by teaching about the process:

- Use words to express the act of using the toilet (“pee,” “poop,” and “potty”).
- Ask your child to let you know when a diaper is wet or soiled.
- Identify behaviors (“Are you going poop?”) so that your child can learn to recognize peeing and pooping.
- Get a potty chair your child can practice sitting on. At first, your child can sit on it clothed. Then, he or she can sit on the chair with a diaper. And when ready, your child can go bare-bottomed.

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If you've decided that your child is ready to start learning how to use the potty, these tips may help:

- Set aside some time to devote to the potty-training process.
- Don't make your child sit on the toilet against his or her will.
- Show your child how you sit on the toilet and explain what you're doing (because your child learns by watching you).
- Establish a routine. For example, you may want to begin toilet teaching by having your child sit on the potty after waking with a dry diaper, or 45 minutes to an hour after drinking lots of fluid. Only put your child on the potty for a few minutes a couple of times a day, and let your child get up if he or she wants to.
- Try catching your child in the act of having a bowel movement. Children often give clear cues that they need to use the bathroom — their faces turn red, and they may grunt or squat. And many kids are regular as to the time of day they tend to have a bowel movement.
- Have your child sit on the potty within 15 to 30 minutes after meals to take advantage of the body's natural tendency to have a bowel movement after eating.
- Remove a bowel movement (poop) from your child's diaper, put it in the toilet, and tell your child that poop goes in the potty.
- Simple clothes are a must at this stage and kids who are in potty training need to be able to undress themselves.
- When your son is ready to start peeing standing up, have "target practice." Show him how to stand so that he can aim his urine stream into the toilet. Some parents use things like cereal pieces as a sort of bull's-eye for their little guys to try aiming at.
- Offer your child small rewards, such as stickers or time reading with Mommy, every time your child goes in the potty. Keep a chart to track of successes. Once your little one appears to be mastering the use of the toilet, let him or her pick out a few new pairs of big-kid underwear to wear.

Above all, be sure to praise all attempts to use the toilet, even if nothing happens. And remember that accidents will happen. It's important not to punish potty-training children or show disappointment when they wet or soil themselves or the bed. Instead, tell your child that it was an accident and offer your support. Reassure your child that he or she is well on the way to using the potty like a big kid.