



## **K1 & K2 Parents,**

We wanted to take an opportunity to explain our **Potty Training Process** as this may be on the minds of parents with children in K1 and K2. In the past potty training has begun in two-year-old classrooms, but we understand there may be the desire to begin as soon as K1 (~18months old). It is our goal to partner with parents in the process of potty training and for this to be a major achievement for all involved.

Two-year-old classrooms have adjoining restrooms which allows for small groups of children to be taken every hour as needed to establish a routine. In some K1 classes the bathroom is further down the hall, but this can still be accomplished.

## **What will GCS do?**

- Teachers will have established schedules to take the children in small groups to potty, which will also incorporate learning to walk in a line down the hall (if applicable), following direction, and practicing healthy hygiene habits.
- Teachers will recognize prompting signals and encourage children by using sticker charts and positive encouragement.
- At naptime children may be placed in pullups until the child naps without accidents, unless requested otherwise.
- Teachers will change each child's clothing after accidents and place soiled clothing in a zip lock bag to be sent home.
- After three accidents in underwear in one day children will be placed in a pullup for the remainder of the day. This routine will start anew each day.
- Procare notifications of toileting will be updated by the end of the day for your review of how your child's day went.
- Sticker charts and positive encouragement/praise/happy faces will be utilized and sent home for your child to be rewarded for a job well done! We do not reinforce with food/candy while at school.230

## **What you need to know:**

- Help us set your child up for success by ensuring your child is sent to school each day dressed in clothing that is easy to take on and off as your child learns to respond to the urges of needing to potty. This is a great opportunity for your child to feel accomplished and not be hindered by struggling with hard to remove buttons, snaps, or belts.
- Two options for beginning potty training at GCS:

1. Start in underwear: We will take children to potty every 30 minutes-1 hour or when child signals the need to go. \*We highly recommend if child is starting in underwear to have already worked on potty training at home for ~3 days with a full commitment of continuing training at home. If choosing this option, please still send pullups in the event your child has three accidents in one day. We will place child in pullup after three accidents and resume training the next day. In the event this option takes longer than expected, we recommend pausing potty training and resuming a month or two later.
  2. Start in detachable/refastenable pullups: We will take children to potty every 1.5-2 hours (regular schedule) or when child signals the need to go. We will change pullup if needed and offer opportunity to sit on the toilet at each potty break. This option will take longer, but if progress is noted, you may switch to the underwear option. We do not place underwear over pullups for the purpose of increasing the understanding of cause and effect.
- We ask that diapers not be used during the potty training process, but instead pullups with detachable/refastenable sides. Teachers will notify parents through Procure when items need to be replenished.
  - Please send your child with **three** sets of extra clothing in zip lock bags. Teachers will use that bag to place any soiled clothing in and return home. Consider sending extra shoes as well, as many accidents happen on the playground during recess. Parents should replenish soiled clothing each day. We do not wash soiled clothing at GCS. In the event of a bowel movement accident, teachers will empty what they can from underwear into the toilet. Parents can request that we throw away soiled BM underwear; otherwise, they will be sent home in a sealed bag.
  - Notify your child's teacher of any words your child may use to let you know he or she needs to go potty, holding him or herself, or doing the "potty dance."
  - A potty training conference sheet must be filled out and signed prior to officially beginning. On this paper you may include preferences such as:
    - If your child will begin in underwear or pullups
    - Tips for what has made your child successful at home
    - Signs/signals your child shows when the need arises
    - Sit/stand preference for boys
    - Whether to use pullups at naptime or not

Consider these readiness signs of children: can communicate that there is a need to potty, can tell you when a diaper is soiled, can make it through naps/nighttime without wetting diaper, can undress and pull up own pants, exhibits interest in using the potty, can follow multi-step instructions, exhibits willingness to sit on toilet.

If you feel this is not the appropriate time for your child to move into potty training, that is okay. We want to assist you with preparing your child when he/she is ready.

*Revised October 2024*