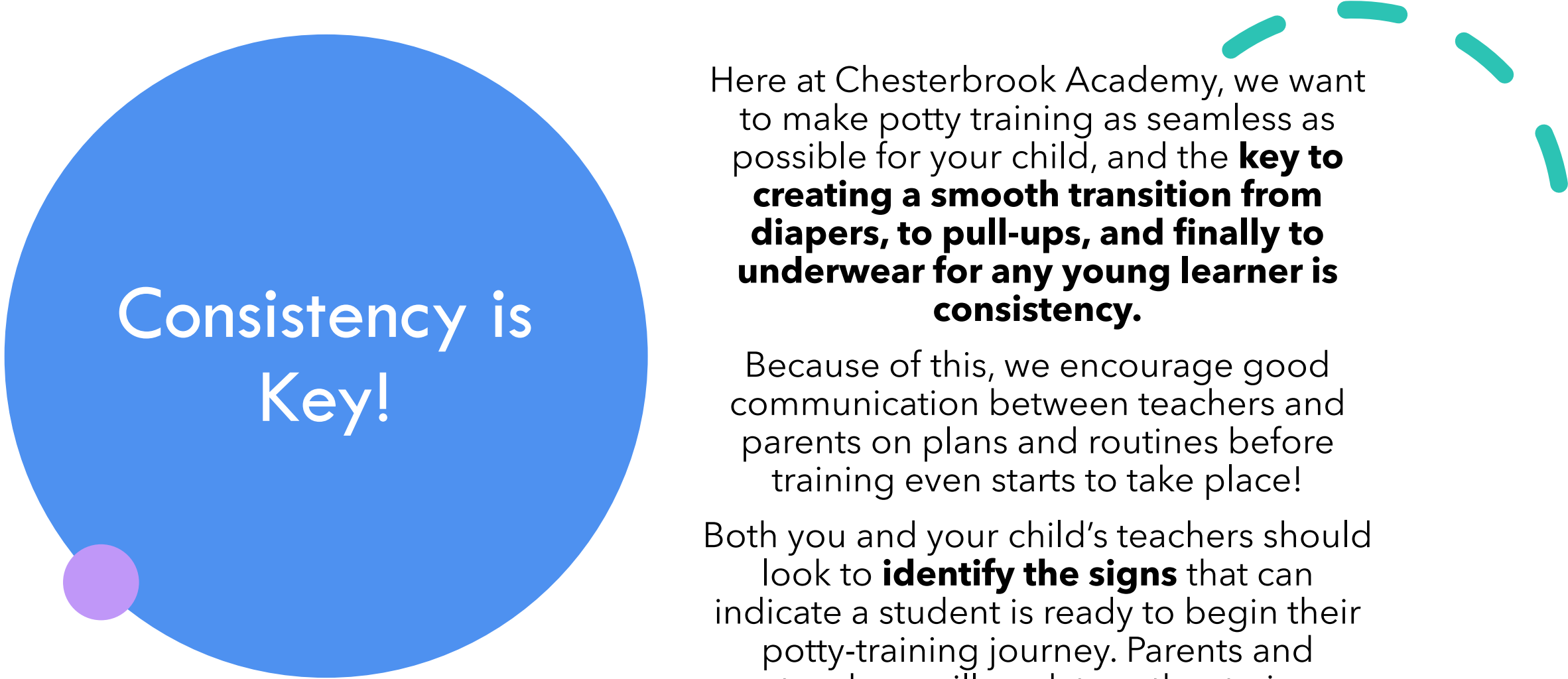




Potty Training at School:

The Ultimate Guide




Consistency is Key!


Here at Chesterbrook Academy, we want to make potty training as seamless as possible for your child, and the **key to creating a smooth transition from diapers, to pull-ups, and finally to underwear for any young learner is consistency.**

Because of this, we encourage good communication between teachers and parents on plans and routines before training even starts to take place!

Both you and your child's teachers should look to **identify the signs** that can indicate a student is ready to begin their potty-training journey. Parents and teachers will work together to in collaboration to support your student!



So, what
are the
signs?



According to the American Academy of Pediatrics, some signs that a child may be ready to begin potty training can include:

Having dry diapers for longer periods of time

Recognize that they are urinating or having a bowel movement

Can follow simple instructions

Asking to be changed or showing discomfort when their diaper is soiled

Showing an interest in the toilet or asking to sit on the potty!

“Consistency is Key”

There are 3 main phases for potty training that we typically try to stick to:

1

Diapers:

Child is beginning to demonstrate that they are developmentally ready to begin potty training. Teachers and parents communicate about the different indicators they are noticing and begin to make plans for the transition period.

2

Pull-ups:

Child begins wearing pull-ups, which are a **transitional tool** to support the child during training. **If a child is wearing diapers, they should not be going on potty trips.** Pull-ups allow children to practice independence in pulling their pants up and down and develop self-help skills so that they are truly ready when the time finally comes to begin wearing underwear.

3

Underwear:

The child has become comfortable with the potty routine & is ready to transition to underwear. It is important for children to wear underwear full-time during waking hours consistently, although it is normal for children to still need to wear pull-ups for sleeping. Otherwise, once the metaphorical band aid has been ripped off, it's best to remain in underwear full-time!

The Road to Undies: Step One

Once you observe that a child may be ready to start potty training, take the following steps:

1. Initiate a conversation with your student's teacher, if they haven't already!
2. Prepare for the following:
 1. It is important to note that **potty training first and foremost must begin at-home.** We ask that parents of children who are ready to begin potty training encourage the following self-help skills at home:
 - ✓ Pull pants up/down as completely as possible
 - ✓ Get on/off and balance on an adult-sized toilet (we do not use plastic training toilets or seats at school; step stools are available)
 - ✓ Wipe themselves sufficiently
 - ✓ Flush potty without assistance
 - ✓ Wash hands effectively

The Road to Undies: Step Two

Potty Training Begins at School!

Pull-Ups, Pull-Ups, Pull-Ups!!

- While there are many guides out there that boast that you can get your little one completely potty trained in three days, this is **not recommended**.
- We understand the appeal of having a quick turnaround time for potty training, but the **three-day method leaves significant gaps in your child's time to develop a routine with the potty**, both at home and at school.
- **Utilizing pull-ups** (preferably Huggies brand, or any other brand with adjustable side tabs) for a sustained period of time as a transitional tool allows your child to truly practice potty skills independently as they become familiar with the bathroom routine.
- Additionally, if a child is in diapers, **they may not participate in the potty routine at school**, as this causes disrupt to the potty routine & requires additional supervision.

Step Two, Continued!

Helpful Potty Tips:

- **Avoid plastic training potties.** This can often create anxiety & fear around using a regular potty. For potty training at-home, we recommend using a training seat attachment fitted to your regular toilet, or a step stool to allow your child to climb up on the potty independently
- **Get into a routine!** At school, we take our students to the bathroom every two hours at minimum. If possible, try to recreate a similar schedule at home - children thrive with consistency!
- **Use incentives carefully.** Incentives (such as stickers) can be a very useful tool to generate initial interest in the potty! However, it's important to be mindful that we want to encourage genuine interest in the potty over time. As your child becomes comfortable with a potty routine, it is essential to pull back on use of incentives.



The Road to Undies: Step Three

Underwear: the Final Frontier!

It can be tricky to know exactly when the right time to “rip off the band-aid” is, as this looks different for every child.

This is another moment when communication with parents is imperative – together, we can work to determine when the right time may be to make the transition to underwear.

So again,
what are
the signs?

Some common signs of preparedness for underwear can include:

Having a dry pull-up for longer periods of time or only having a wet pull-up after sleeping.

Asking to use the potty or indicating discomfort if their pull-up is wet/soiled

Using potty self-helps skills with ease and confidence

Waking up to use the potty or waking up if a pull-up is wet/soiled

Step 3: Transitioning to Underwear

If you are noticing signs that your child is ready to move from pull-ups to underwear, take the following steps:

- Initiate a conversation with your student's teacher, if they haven't already!
 - It's very important to communicate with your child's teacher if you are planning to transition your child from pull-ups to underwear. With communication, your child's teacher can properly prepare to facilitate this transition at school!
- Consider utilizing the following strategies to transition:
 - **Take a long weekend to make the change.** This will allow your child to ease into underwear full-time in a comfortable environment with low pressure and will help build a routine that can be reinforced for school.
 - **Prepare for of accidents** - this is normal and will ease over time!
 - Inform your teacher if you would *still like the child to wear a pull-up for nap*.
 - Remember, once you rip off the metaphorical band-aid and transition to undies, it is essential that we do not take steps backward! **Avoid putting your child back in pull-ups/diapers** except for certain activities such as sleeping/napping. Remember, consistency is key!

Additional Resources for Parents:

Zero to Three – Potty Training: Learning to Use the Toilet

<https://www.zerotothree.org/resources/266-potty-training-learning-to-the-use-thetoilet>

HealthyChildren.org – Toilet Training: Which Method is Best?

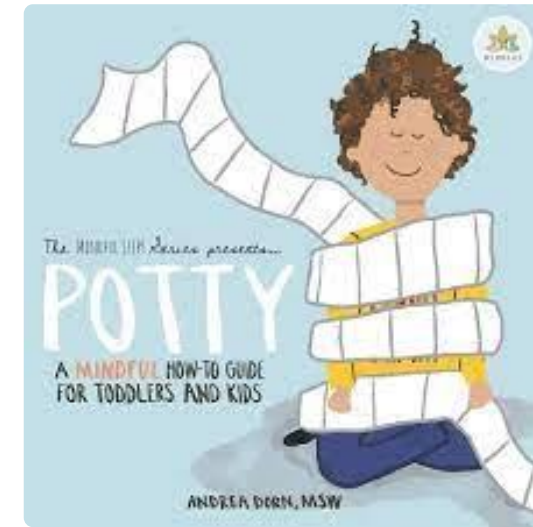
<https://www.healthychildren.org/English/ages-stages/toddler/toiletraining/Pages/Toilet-Training-Which-Method-is-Best.aspx>

American Academy of Pediatrics Guide to Toilet Training (2003)

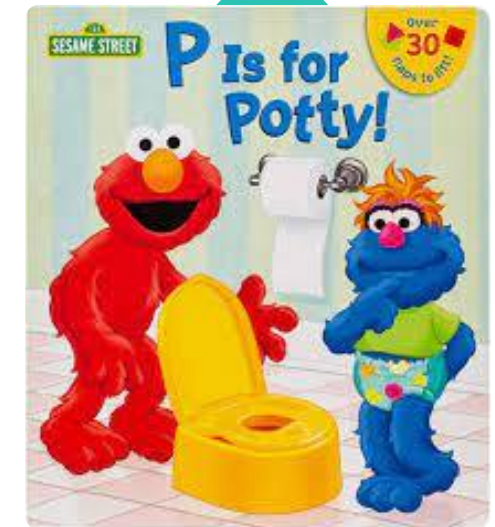
<https://www.amazon.com/American-Academy-Pediatrics-ToiletTraining/dp/0553381083>



I'm a Potty Superhero by
Cottage Door Press
Available on Amazon



Potty: A Mindful How-To Guide by Andrea Dorn
Available on Amazon



P is for Potty! by Naomi
Kleinberg & Christopher
Moroney
Available from Target, Amazon