

Is Your Child Ready to Use the Toilet? GCA Potty Training Policy:

Go Christian Academy believes there are two stages or steps to potty training or toilet learning. These stages are: **1. Toilet trained** – The child is capable of using the toilet BUT it is the adult who gets the child to the bathroom on time by putting the child on the toilet at certain times or on a schedule. At this stage, the child often needs assistance with the whole toileting process – this includes pulling pants up and down. Accidents occur frequently in this stage. This is the first stage towards becoming toilet learned or potty trained. **2. Toilet learned** (learning) or potty training – The child is not only capable of using the toilet BUT has the developmental ability to express the need to go (both urine and bowel movement). In this stage, the child will demonstrate all or most of the readiness signs as listed below. Accidents occur, but very infrequently in this stage.

Verbal Stages of Potty Training Readiness:

1. Basic verbal skills – the child is able to speak in three to four word sentences.
2. The child tells you when he or she has wet his/her diaper (recognizes he or she is wet).
3. The child tells you when he or she is wetting his/her diaper (recognizes the sensation of wetting a diaper).
4. The child tells you that he or she needs to go to the bathroom (can control self and go to use the toilet).

Physical and Psychological Signs of Potty Training Readiness:

1. Child stays dry for a long time – able to hold their urine or bowel movements.
2. Has bowel movements at regular times. The child chooses when to have a bowel movement.
3. Adult can recognize when the child is having a bowel movement.
4. The child can undress and pull up their own clothing/pants.
5. Child initiates using the toilet and asks to wear underwear. This is also a sign of wanting to be independent, which is very important.
6. Emotionally ready and open to learning.
7. Can follow two step instructions. This is critical to learning to pee, wipe, flush, and wash hands.

Potty training should be a positive experience for everyone involved. It should only take a short period of time when your child is truly ready. Problems arise when adults (parents and caregivers) do not pay attention to the child's lack of readiness. There is no right or wrong age to potty train a child. It should only be determined on an individual basis, much like learning to

walk. No two children will potty train in exactly the same time frame or even in the same manner. It is the belief of Go Christian Academy that potty training or toilet learning should begin at home with the child's parents or caregivers and at a time when there are not a lot of changes in the child's life. Life must be fairly stress free during this time for the child. We will assist your child in becoming potty trained once the signs of readiness found in the potty training readiness information page, have been observed by the parents, as well as the classroom teacher. Many children may show these signs of readiness at home, but not at school and sometimes vice-versa. It is encouraged that the first steps towards potty training begin at home and on a weekend when you the parents are able to devote your weekend to helping your child. When your child is successful for a full two weeks, your child can attend school in underwear. Please notify your child's teacher the morning that your child has underwear on and not a diaper or Pull-up, as to minimize any surprises. At that time, the teacher will gently remind your child from time to time (not on any set schedule) to remember to go in and use the potty. Please remember that it is nearly impossible for a busy teacher to remember to remind a child (or perhaps children) every half hour to hour to go in and use the potty, while also caring for others in the class. There are times in the daily schedule that teachers remind the children to go in and go, but it is not on a set time or schedule – the reminders come naturally throughout the day such as before rest time. We request that the following guidelines are followed when children are potty training or wearing underwear at school:

1. Your child **MUST** wear loose fitting clothing that are easy for the child to pull up or down.
2. **NO** overalls, bodysuits, pants that require the use of a belt, t-shirts with snaps between the legs, or pants with snaps and zippers that the child cannot get in and out of.
3. A change of clothing, underwear, and socks that are kept in the classroom in case of accidents. Please be sure to change out clothes when the weather changes.
4. Bring an extra pair of shoes if available. These can get wet too.
5. Training pants (the thick 5 layer underwear) if available.
6. If your child is male, inform the caregiver if your son will sit or stand. This really should be determined right from the beginning of the potty training process. It is recommended that boys first learn to sit and pee in the potty and once they are consistent then can be taught to stand and go. This will also lessen problems with learning to put BM's in the toilet and will also avoid constipation issues.
7. Keep a small supply of Pull-Ups available at school until the child has shown naptime dryness for a week. If your child is in the 1k or 2k afterschool program your child will be in a Pull-Up during naptime until he or she has shown that they can stay dry for that time.
8. We do not rinse out or wash soiled clothing so any clothing that becomes soiled during the day will need to go home that afternoon. Your child's teacher will place them in a plastic bag and will put them in your child's backpack.

Please keep in mind that often children will show a readiness and have success for potty training at home before the signs are seen at school. There may be a period of time where your child is potty trained at home and not at school. That is perfectly normal and has been seen quite often. If your child comes to school with underwear on and has 2 accidents in a short period of time, a diaper or Pull –Up will be put on your child and we can try again another day when he or she shows signs of being ready at school. Patience is very important during this time.

Please note that at Go Christian Academy we require all children to be **fully potty trained** (wearing underwear during the school day) before beginning the school year in the 3k program. If your child is not potty trained at the beginning of the 3k year **they will not be able to come to class** until they have had one full week accident free. Go Christian Academy can only hold your child's spot as long as tuition is being paid. A child will not be considered toilet trained for our preschool program if the child continues to consistently have toileting accidents after the first 2 weeks of school. After the first 2 weeks of school, the following policies will be in place for children who have accidents: ● If one or two accidents occur in one week, the parents will be notified with the understanding that the issue needs to be addressed and corrected. ● If three or more accidents occur in one week, the parent will be notified with the understanding that if the issue is not corrected by the end of the second week the child will have to stay home at least one week or longer until he/she is completely toilet trained. ● If multiple accidents occur in one day, the parent will be notified on that day; and if not corrected by day three, the child will have to stay home at least one week or longer until he/she is completely toilet trained. Please note that this policy is not in place to shame or punish a child or inconvenience primary caregivers. Rather, cleaning accidents in the preschool setting is time consuming, and this time that teachers spend attending to and cleaning accidents is time that they are not spending interacting with children and facilitating the curriculum in a safe manner. This policy is intended to ensure the safety and happiness of children and staff at Go Christian Academy. Thank you for your cooperation and understanding.

PLEASE SIGN AND DATE BELOW INDICATING THAT YOU HAVE RECEIVED & REVIEWED THE GO CHRISTIAN ACADEMY PRE-SCHOOL TOILET TRAINING POLICY: PLEASE RETURN THE BOTTOM PORTION OF THIS TOILET TRAINING POLICY

I HAVE RECEIVED AND REVIEWED THE GO CHRISTIAN ACADEMY PRE-SCHOOL TOILET TRAINING POLICY:

CHILD'S NAME: _____

PARENT'S
SIGNATURE: _____ DATE: _____

