**POTTY TRAINING**

**Stages of Potty Training**

Blossom Preparatory School believes there are three steps to potty training or toilet learning. These stages are:

**First Stage: Interested in the Potty!**

This stage occurs when the child starts to communicate that they have gone potty in their diaper. They show interest in the potty by pointing, saying potty words, and being uncomfortable in their diaper. This is a great phase to start reading books about going potty and watching videos!

**Second Stage: Toilet Trained with Adult Support**

This occurs when the child is able to use the toilet, but it is the adult who gets the child to the bathroom on a set schedule. In summary, the adult initiates the use of the toilet by the child. During this stage, the child is full assisted by the adult. The adult walks the child to the toilet, sits them down, pulls up and down their pants, and helps with whipping. Accidents do occur frequently in this stage. This stage’s focus is to get the child used to going to the bathroom, being aware of this new and exciting adventure, and assisting them to do it properly!

**Third Stage: Potty Training**

The student is capable of using the toilet, mostly on their own and expresses the need to go potty on the toilet. They are communicating interest and taking action. The child is showing signs of readiness and is feeling independent to use the potty. Accidents occur very infrequently in this stage! They still may occur, so do not get discouraged.

**Signs of Readiness**

**Verbal Signs:**

* The child is able to speak in three-to-four-word sentences.
* The child is able to speak when his or her diaper is wet.
* The child is able to say they feel that they need to go potty or is wetting their diaper.
* The child tells you that he or she needs to go to the bathroom.

**Physical/Psychological Signs:**

* The child stays dry for longer periods of time
* The child is able to hold urine or bowel movements.
* The child has a somewhat consistent bowel movement schedule. This means their bowel movements are at somewhat regular times.
* The child can pull down and pull up pants and underwear
* The child asks and wants to wear underwear.
* The child initiates using the toilet by walking to it.
* The child can learn and initiate the following actions of going to the bathroom, pee, wipe, flush and wash hands.

**General Notes on Potty Training**

**The following notes are important to remember while potty training your child:**

1. Make potty training a POSTIVE EXPERIENCE for everyone!
2. Never make the child feel bad for having an accident. Remember, it is a process!
3. Positive reinforcements are beyond helpful in training
4. Make sure to pay attention to the child’s signs of readiness and be ready yourself!
5. Remember that all children potty train at their own speed.

**The Potty-Training Process at Home and School**

Blossom Preparatory School requires the potty-training process to begin at home. The process should begin when the parents and child can be dedicated and there is not a lot of changes in the child’s life.

**The Process at Home:**

1. Notify the teacher of a schedule weekend you plan to start the process. Ensure that the teacher is aware and can start working with your child at school around the same time.
2. We recommend your child to stay in underwear for two to three consecutive days. This is because underwear feels different than a diaper on a child. They start to realize that the underwear cannot hold their urine/poo and they feel uncomfortable. Underwear helps produce the sensory signs of going to the bathroom on the toilet to maintain dry and clean underwear!
3. It is important that parents stay close to home and keep the child close to the bathroom while playing or participating in activities to ensure ease of use.
4. We recommend your child to wear comfortable, easy to remove clothing during this process.
5. Take your child to the bathroom every 2 hours, and reward them with cheering, or other positive reinforcement techniques even if they are just sitting on the toilet.
6. Read books throughout the process and watch clips to support this new and exciting milestone.
7. Staying consistent with the procedure at home is the most important step in this process.

**The Process at School:**

A successful weekend at home is defined by the child having 3 or less accidents and remain excited about the process. If your child goes more times during the weekend on the toilet, than in their underwear, this is a sign of success!

1. Notify the teacher that it was a successful weekend through a note in the app or face to face conversation.
2. Bring extra clothes and underwear in case of accidents.
3. Walk the child to the bathroom and show them how it looks just like the one at school. Stay a minute at the school to have the child sit down and become comfortable with a toilet outside of their home.
4. Talk with the child about how excited you are for them to use the potty at school.
5. The teachers will bring the student to the bathroom every 1.5 to 2 hours.
6. Notes on the potty-training process at school will be provided to the parent.

**The following Guidelines must be followed when children are potty training at school/wearing underwear:**

* No Overalls, pants that have a belt, pants that snap or any clothing that is hard to get out of quickly.
* Bring an extra pair of shoes if possible as they can get wet too.
* ALWAYS have extra clothes and underwear onsite at the school.
* Inform the teacher if your child prefers to sit or stand when using the toilet.
* Keep a small supply of pull-ups for nap time at the school.
* It is your responsibility to take home any soiled clothes to be cleaned and sanitized. Not the school!

**I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PARENTS OF**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, AGREE TO AND COMPLY WITH**

**THE POTTY-TRAINING POLICY.**

**Parent/Guardian Signature Date**

**Parent/Guardian Signature Date**

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