



ABZ Early Childhood Development Center

305 Main Street, Everett, MA 02149 Phone: (617)775-9983

Toilet Training — Is your child ready?

1. Expresses interest in coming into the bathroom with you to find out what goes on there and perhaps even sits on the toilet herself.
2. Understands what the toilet is for and what it means to have a wet or dirty diaper. If she also shows a preference for being clean and dry, fussing when she's wet, pulling off a dirty diaper, or asking to be changed; all the better!
3. Knows the words for urinating and having a bowel movement (such as "going potty" or whatever words your family chooses).
4. Can stay dry for at least two hours at a time.
5. Has regular bowel movements with soft, formed stools
6. Can and will follow simple directions, such as those for washing hands.
7. Can help pull pants up and down
8. Seems to recognize at least a few seconds ahead of time that he/she's about to go, and can tell you before it happens. (Many youngsters will squat, leave the room, or get "the look" before having a bowel movement.)
9. Is in a willing, receptive mood and isn't going through any major transitions (like adjusting to a new sibling or school).
10. Demonstrates a desire for independence (for example, wants to be a "big girl" and do things for herself) -- or, better yet, shows a specific desire to use the toilet like mommy and daddy do!

If your child meets most of these criteria, she's ready to try. If not, wait a month or two and reevaluate.

- Potty-Training should begin at home over a long weekend or holiday.
- Once you have had success at home for at least a week, your child may begin wearing CLOTH training pants with rubber pants to cover them at child care.
- You must still provide me with pull ups for nap or other extended periods. Also, you **MUST** provide us with at least 2 complete changes of clothing for your child.
- Under no circumstances will your child be allowed to potty-train in regular underwear.
- This is for sanitary reasons! Regular underwear cannot contain urine & feces to prevent the spread of germs in my home & to other children in care & to my family. Please cooperate with me on this matter.
- Also, if you begin training, please notify me so that I can continue with all the work you have accomplished.
- Further, if within 2-3 weeks, your child shows no signs of progress, we reserve the right to put your child back in diapers & try again in a few weeks.