

## The Journey From Diapers To Underwear



### When is a child ready to make the transition from diapers to underwear?

- ▶ The child should have an interest in wearing underpants
- ▶ The child should have an interest in sitting on the potty
- ▶ The child should show signs of being developmentally ready by demonstrating the ability to:
  - use verbal language to communicate with teachers
  - be aware of pertinent bodily functions (for example using gestures)
  - self-dress to some extent
  - follow simple directions

### We will:

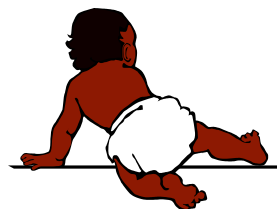
- ▶ Give your child opportunities throughout the day to sit on the toilet even before beginning toilet training
- ▶ Allow your child opportunities to pattern his or her behavior after children who are toilet trained
- ▶ Provide your child with words associated with potty training
- ▶ Provide your child with opportunities to work on self help skills, offering assistance when needed
- ▶ Inform you weekly about your child's progress (or making the decision to attempt potty training at a later date).

### The role of the teachers:

- ▶ Communicating with you if your child shows interest in potty training
- ▶ Making potty training a fun and exciting experience for your child
- ▶ Providing you with notice when your child needs more clothing
- ▶ Allowing your child three accidents before putting him back in a diaper (Note: this avoids frustration. It is important that we all remember, tomorrow is another day.)
- ▶ Setting up a regular weekly meeting time to talk about the child's progress or to determine if we should discontinue potty training for a while.

### When is a child fully potty trained?

- ▶ When he has no accidents while awake (two full weeks is a good measure).
- ▶ When she is able to express with words the need to use the bathroom before she wets or soils underwear.
- ▶ When he is able to stay dry during naptime while in underwear, (although rare accidents are expected).

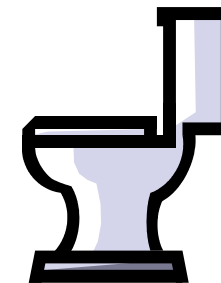


### The role of the parent:

- ▶ Communicate with your child's teachers if your child is showing interest in sitting on the toilet at home.
- ▶ Communicate with the teacher if your child shows signs of wanting to discontinue potty training.
- ▶ Communicate with your child's teacher what terminology you use at home (for example: pee, poop, BM, defecate, caca, shi-shi).
- ▶ Communicate with your child's teachers concerns that you may have about potty training.
- ▶ Make sure that you provide enough labeled, easy to remove, clothing while your child is in training
- ▶ Find out your child's class routine so that you can be consistent at home.
- ▶ Don't get frustrated with accidents (remember your child is "in training").
- ▶ Let your child pick out his own underwear.
- ▶ Make sure that you bring your child to school with underwear on (over diapers is ok).
- ▶ BE PREPARED for the extra laundry you will need to wash in the beginning of training
- ▶ Celebrate successes with extra hugs, kisses, stickers, etc.

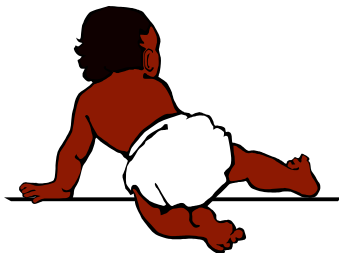
### Important Don'ts:

- ▶ Don't compare your child to another child. Every child's progress is different.
- ▶ Don't force your child to go to the bathroom.
- ▶ Don't use negative words when your child has an accident.
- ▶ Don't send your child to school in pullups or ask us to use them.
- ▶ Don't send your child to school in clothing that is difficult to get on and off (such as onesies).



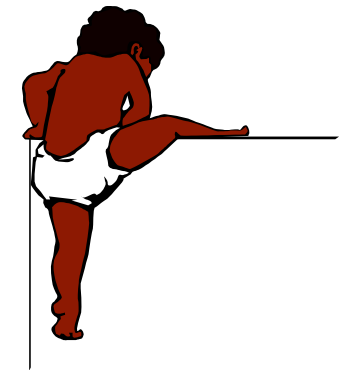
At His Growing Grove we believe that "Potty Trained" is a learned behavior. Our goal is to work with parents to make potty training a fun and exciting experience for your children. We will take every possible step to help your child make the bridge from diaper to underwear by:

- ▶ Giving your child opportunities throughout the course of the day to sit on the toilet even before beginning potty training
- ▶ Allowing your child opportunities to model behavior after other children who are fully potty trained.
- ▶ Providing your child with words associated with potty training when needed
- ▶ Providing your child with opportunities to work on self help skills and assisting when needed
- ▶ Informing you about your child's progress in potty training (or in making the decision to attempt potty training)



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**From Diapers to  
Underwear:  
Potty Training at  
His Growing Grove**



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