



ALMOST MOM

State of Texas Home Day Care

Heidi Pearson
8932 Risky Trl
Keller, TX 76244
Home/Fax: 817-741-2762
Mobile: (817) 880-3168
www.almostmom.net
almostmomtx@1scom.net

Toilet Training Is your child ready?

- Expresses interest in coming into the bathroom with you to find out what goes on there and perhaps even sits on the toilet herself/himself.
- Understands what the toilet is for and what it means to have a wet or dirty diaper. If he/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!
- Knows the words for urinating and having a bowel movement (such as "going potty" or whatever words your family chooses).
- Can stay dry for at least two hours at a time.
- Has regular bowel movements with soft, formed stools.
- Can and will follow simple directions, such as those for washing hands.
- Can help pull pants up and down
- Seems to recognize at least a few seconds ahead of time that 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).
- Is willing, receptive mood and isn't going through any major transitions (like adjusting to a new sibling or school).
- 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/he's ready to try. If not, wait a month or two and reevaluate. Your child is about to begin a new chapter in his/her life called potty training. This is a very important event because your child is about to become a big girl or a big boy. And for you the parents this is a new chapter in your life as well, your child to going to see how much patience and understanding you really have. Remember every child learns at their own pace so let's all have fun teaching your child to become more independent.

If you feel your child is ready please let me know.

Getting Started:

- Potty-Training should begin at home over a long weekend or holiday. Once you have had success at home let me know so we can continue at day care.
- 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.
- Dress your child in easy to remove clothing (such as elastic waist pants), this will make potty training easier on everyone and encourage your child to try it themselves without the hassle of zipper and buttons.
- Also you MUST provide me with at least 3 complete changes of clothing for your child.
- Be consistent is the number one rule. Training at home should be the same as what is done at day care.
- *Recommendation:* I set a timer every hour and your child will sit on the potty chair or the big potty whatever makes your child prefers, until he/she goes potty or 3-4 minutes is up. We will read potty books, sing a song, whatever it takes for your child to feel comfortable enough to go potty.
- The body's natural potty clock to go off about 20 minutes after your child drinks, so therefore you might want to start your timers after 20 minutes of drinking. And continuing going back to the potty every 5 minutes until big girl/boy has success.

Further, if within 2-3 weeks, your child shows no signs of progress, I reserve the right to put your child back in diapers & try again in a few weeks.