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Potty Training Agreement

BEFORE underwear:

Kids only have total control over 2 things and if you challenge them, you will lose. Those 2 things are eating & eliminating! It's important to lay the groundwork first by making sure that potty training is a positive and low-pressure experience.

Set the stage by having him/her go to the bathroom with mom/dad. Take turns sitting on the potty (you go then he/she tries no expectation that something will really come out).

Set a ritual of sorts for, "potty times". Start at wake up, before nap/bed, before going outside to play/go for a walk/leaving for an errand and before bath, say, "let's try" instead of, "go potty" or "Do you have to go?" (You go then he/she tries, no expectation that something will really come out). It's a routine.

In the meantime (here is where potty contract comes in) work on language (him/her using more language to say what he/she needs, even if you know what he/she wants, encourage him/her to use words to ask for it). During this stage you are fostering independence by allowing them to walk instead of being carried and no baby talk. Use real words and real names of things. Practice self-help! Pulling up/down his/her own pants & changing clothes. Begin to watch for his/her diaper to be dry when he/she wakes, can he/she stay dry for 2 hrs. at a time?

There is a physiological maturity that happens in a child's body that allows them to be able to "hold it", it can't be taught, rewarded with cookies, guilted or coached! And it can't be, "taught" in 3 days!

Often these things just begin to come together but again the environment needs to be happy and hospitable. Routines in place first, the ability to say that he/she needs to go & manage his/her clothing and then his/her body needs to be on board with maturity. Lastly, skip pull ups. They are glorified diapers and they cost 2x and much for 1/2 of the amount as diapers. There is something to be said for the warm sensation that happens when some of their first pottys run down their leg. Its sensation is surprising to them, and it also helps them to recognize the feeling that they had JUST before the warm happened so that they can catch it better in the times to come :)

Signs of readiness:

Physical Signs:

- *Can walk and even run steadily
- *Urinate a fair amount at one time
- *Has "dry" periods of at least 3-4 hours, which shows that the bladder muscles are developed enough to hold urine (more than 3 accidents in a single day at FKS will be an indicator that a child isn't ready to use underwear in our setting yet).
- *Has regular, well-formed bowel movements at relatively predictable times.

Behavioral signs:

- *Can sit down quietly in one position for 2-5 minutes

- *Can pull his/her pants up and down
- *Dislikes the feeling of wearing a dirty or wet diaper, might ask to be changed
- *Shows interest in others bathroom habits (wants to watch, or follow, or wear underwear) *Gives a physical or verbal sign when he/she is having a bowel movement such as grunting, squatting, or verbally telling you.
- *Demonstrates a desire for independence
- *Takes pride in his/her accomplishments
- *Isn't resistant to learning to use the toilet
- *Is in a generally cooperative stage, not a negative or contrary one

Cognitive signs:

- *Can follow simple instructions, such as "go get the toy."
- *Understands the value of putting things where they belong
- *Has words for urine and stool
- *Understands the physical signals that mean he/she had to go and can tell you before it happens or even hold it until he/she has time to get to the potty.

FKS staff will agree to:

- *Encourage, support, and praise all success that your child achieves during their potty-training experience. *We will expect accidents and treat them as teachable moments. We will watch for and identify signals that may help us make it on time next time as well as encourage children to be independent in changing their own clothes.
- *We will take children to the bathroom at regularly scheduled times during each day and on demand when necessary.
- *Communicate to parents daily regarding our bathroom experiences. This communication will come in a way like a personal conversation or writing on the child's daily note.
- *Commit up to 1 month to the process of potty training unless parents inform us that the experience is not able to be a positive one at that time. We are not opposed to revisiting the thought at a later date.

Parents agree to provide:

- *At least 3 pairs of labeled underwear daily (thick cotton training pants absorb the most and don't disappoint early learners by messing up special new favorite characters, save these for later)
- *At least 3 pairs of labeled pull-on pants with elastic waistbands (sweatpants are perfect) Clothes with buttons, zippers, belts, or overalls are counterproductive.
- *At least 3 pairs of labeled socks.
- ***Diapers will not be used for nape time. We discourage the use of Pull-Ups since they are super absorbent and are designed to hold a lot of liquid. This gives children the false sense of dryness and gives mixed messages about their success as a "Big" kid.

Tip:

1. Starting before your child is truly ready doesn't mean that you'll finish sooner; it's more likely that the process will just take longer.

FKS Trailside acts as a partner with parents to embark on the journey of potty training with young children!

Child that will on-go the potty-training journey_____

Signed and understood by parents_____