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For Kid's Sake Early Learning Center

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Potty Training Agreement

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

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
- *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

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.

2. The clothes your child wears can play a big factor in his/her success away from home. Remember that teachers are responsible for several children at a time, and every second counts for a child who is hustling to the potty.

It's time to begin: Once your child stays dry for several hours and uses the toilet on their request, it's time to try underpants. Start with a few hours at a stretch, and increase use with success. Build more time into your morning routine running errand, etc. so you can accomplish all last minute potty needs.

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 as 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 pair of labeled pull on pants with elastic waistbands (sweat pants are perfect) Clothes with buttons, zippers, belts, or overalls are counterproductive.
- *At least 3 pair 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.

Signed and understood by FKS member _____

Signed and understood by parents _____

Child that will on-go the potty training journey _____