

Eastford Readiness Council

Toilet Training Policy

The Eastford Readiness Program does not require that children be toilet trained. However, being able to toilet independently may be a good indicator for preschool readiness.

In order to be considered toilet trained a child must be able to:

- ❖ Recognize when he/she needs to use the bathroom
- ❖ Independently pull pants on and down
- ❖ Independently clean themselves

We also encourage parents to dress their children in clothing that makes independent toileting more successful. Staff members can assist with difficult snaps or belts.

Children who have been admitted into the program and are not toilet trained will be guided toward that end goal, when it is developmentally appropriate and when supported by parents.

Children who are being trained:

1. In the program, staff will consult with parents to make sure that there is a consistent approach to toilet training. Parents share information on how their child uses the toilet at home, words they use, frequency, etc.
2. Teachers and home visitors can assist parents by talking about signs which indicate a child is ready to be trained (such as staying dry for long periods, tugging at diapers, telling you they "have to go", etc.).
3. Parents will be assisted in realistic toilet training goals and having realistic expectations through printed resources and/or advice from knowledgeable personnel.
4. The environment will be set up to help children be successful in their toilet training and hand washing:
 - Child-size toilets and sinks or steps to allow child to reach the sink and turn on water
 - Paper towels are easily accessible
5. A supportive emotional environment will be created:
 - children are reminded consistently, but calmly
 - staff will express pleasure at successes, without overdoing it

Revised 2024, 2021

Adopted 2009

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Toilet Training Policy (continued)

- staff will treat accidents calmly and matter-of-factly, for example, "I'll help you change your clothes"
6. Staff will communicate regularly with parents:
- when accidents occur with frequency, staff will speak with parents about any changes or stressors that might be affecting the child
 - about clothing choices if the child is having difficulty (for example – overalls and jeans with belts and zippers are all more difficult for "beginners"; suggest pull-on pants)
 - about sending in a greater quantity of clothes to have on hand in case of accidents
 - regarding the children's toileting habits throughout the week

Disposable Training Pants:

The Eastford Readiness Program supports appropriate developmental toilet training practices. Therefore, "disposable training underwear" or "pull ups" will not be encouraged when children are actively toilet training. We ask that parents provide their children with cloth training underwear, which support the natural training process. We feel the idea of disposable training underwear can be misleading to the children during the training process. Certain exceptions may be made for students as needed.

Children who are trained:

1. Based on staff observations and parent input, staff will determine how much assistance a child needs in toileting. For example, can the child undress him or herself, does the child need to be reminded, does the child wait until the last minute to tell an adult?
2. On the first day at the site, each child will be shown the location of the toilets and sinks. Staff will explain expectations and the routine.
3. If a child has a toileting accident, staff will calmly and matter-of-factly reassure the child and assist them as needed in changing. Children will be encouraged to stand up (not be laid on floor) to change. Staff will give the child as much privacy as possible.

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