



Potty Training at Sonshine School

Sonshine School wants children to be successful and we believe they are capable of caring for their needs; this includes being successful at potty training.

When should you start?

The start of potty training should always be based on developmental level rather than age. Most children start showing signs of being ready around 2, 2-½ years, but some children are not ready until 3. Observe your child. Do they know how to pull their pants up and down themselves? Can they stay dry for a couple of hours? Are they staying dry overnight? Do they want their diaper changed when they know they are wet? Are they asking to go in the potty like Mommy and Daddy or older sibling? Do they seem to “**know**” they need to go and can **communicate to the parents and teacher** they need to go? If so, it might be time to start potty training.

How should You Start?

When you feel your child is ready for potty training, let the teacher know that you are going to begin potty training. Start over a long weekend (ex. Martin Luther King Jr.) or during a break (ex. Spring Break). **We will not start or assist with potty training the month of May.**

What happens at School?

Parents need to be aware that school is different from home. While in a home situation, you may be able to take your child to the potty every 10 minutes or ask every few minutes if they need to go, pull their clothing up and down for them, sit with them, run water and wait till elimination occurs. The teacher at school does not have time to do this for one child. Also remember, the activity level at the school is much more distracting for your child. It may keep them from responding to an urge to use the potty, more so than at home. For these reasons, they may be accident free at home and not at school.

Children need to come to school in Velcro sided pull-ups; do not “surprise” your teacher by bringing your child in underwear. For sanitation reasons, children may not wear regular underwear until they are successful with their training and no longer having “accidents.” Once they have been successful staying accident free for a few weeks we can progress to underwear. If they can wear underwear during the day, but need a pull-up for nap let the teacher know.

Children will be asked/taken to the potty on schedule (when they arrive at school, at diaper changing times, before going outside, before lunch, before nap time, after nap or any time they ask or teacher notices they might need to go.) Children need on “user” friendly clothing. Such as elastic waisted pants/shorts and a top. **(No tight jeans/pants with belts, pants with snaps or zippers, overalls, tops with snap crotch or one-piece outfits or dresses - long dresses or skirts that child must hold up to be able to go.)**

Please bring 2 extra changes of clothing including socks and extra pair of shoes.