

Dear Parents of Toilet Learning Children,

After your child has had **several consecutive successful toileting days at home**, we can begin the process at school. This consists of your child recognizing and communicating the physical need to toilet, independent use of the toilet (with perhaps assistance to remove and replace diaper), urinating and having bowel movements (BMs) in the toilet, and at most, one or two accidents a day (not including naps or overnight).

To facilitate the toileting process, **it is imperative that your child have consistency at both home and school.** The following are a few items for you to support this at home:

1. Please have your child pull his/her own clothes down before toileting and up after toileting. Your child may need some assistance with pulling their clothing up. If your child becomes frustrated, only offer limited assistance, e.g., *"I'll pull up the back, you pull up the front."* They are quite capable and need practice to become successful.
2. After using the toilet, even if unsuccessful, have your child thoroughly wash his/her hands with soap and water.
3. We strongly recommend using 5-ply cotton underwear until your child is rarely having accidents. While this type of underwear does not completely retain urine, it often helps to prevent urine from completely soaking clothing yet still allows the child to be aware that they have had an accident. We do not encourage use of pull-ups during the day as they act as a diaper and do not allow the child to feel the wetness of (or recognize) an accident.
4. If your child has an accident, please have your child completely change his/her clothing, unless it is a bowel movement. If your child becomes frustrated, only offer limited assistance, e.g., *"I'll pull up the back, you pull up the front."* They are quite capable and need practice to become successful.
5. Please provide 4-5 complete changes of clothes (**underwear, pants, socks**) as well as an extra pair of shoes. It is important that **ALL** articles of clothing are clearly labeled with your child's name or initials.
6. Dress your child in clothes that are appropriate for them to easily use the toilet unassisted. It is our experience that children are most successful toileting if they are wearing fully elastic waistband clothing. **No long shirts that are difficult to hold up, overalls, onesies, snaps, buckles, dresses, or skirts, please.**
7. Your child may get upset when they have an "accident". It is important to be supportive, so the child doesn't feel frustrated with the toileting process, e.g., *"Accidents happen. Next time you can try to get to the toilet faster. Let's get your clothes so that you can change into dry ones."*
8. Allow extra time in your schedule for your child to use the toilet. It often takes **much** longer than expected for the toileting process to be completed by a toddler.

9. We've found it helpful to keep a few special books by the toilet to use only when toileting. The child's mind is often occupied by the book, and the toileting process completes more quickly.
10. It has been our observation that putting underwear over diapers to encourage toileting is not usually successful. We suggest saving underwear as an incentive for successful toileting.
11. No pull-ups, please. You may wish to line your child's carseat with a waterproof liner to help make cleanup easier should your child have an accident while in their car seat.

**For boys:**

1. Your son will have the choice to sit or stand when urinating. We will allow him to choose his preference. Please let us know if he (or your family) has a preference at home, so that we can be consistent at school.
2. If your son sits to urinate, please be sure that he is aware how to direct his urine so that it goes into the toilet. Our toilets at school do not have shields to prevent urine from going out onto the floor.
3. If your son stands to use the toilet, please have him gently put the toilet seat back down after urinating.

As a reminder, once the toilet learning process has begun, we do not return to diapers. It is your choice to use diapers/pull-ups at nap and/or night, but please do not use them during the day at home or send them to school in them. Consistency at home and at school is vital for the toilet learning process to be successful.

As always, if you have any questions or concerns, please speak with one of us.

Thank you,  
The Toddler Staff