

To the parents/guardian of _____

We are so excited to begin a new chapter with you and your child. Here at Peace Lutheran Preschool and Daycare we are eager to help your family begin a new milestone in your child's life. Potty training will be a new, fun experience your child will have in the Twos classes! We want to support you and your child's journey out of diapers. In our Twos classes, your child will receive many opportunities to use the potty to encourage them out and away from diapers! The following are some questions you may have as we embark on this journey together:

1. Does my child have to begin potty training right now or can we wait?

As their parent, you know what is best for your child. At PLPD, our 3 year old preschool classrooms do not have changing tables and staff are not equipped to handle diapers. This means that if your child turns 3 and is still using diapers, they will not be admitted into preschool and must remain in the two year old class.

2. Should I bring pull-ups instead of diapers?

Yes! This is so helpful as little ones begin to take control of their bodies. They will learn to pull up and down their pants. Pull-ups are very helpful in this process.

3. Can I continue to use diapers at home, and they can use the potty at school?

As their parent, you know what is best for your child. However, many studies state that consistency is key to successful and easy potty training. Please reach out to your child's teacher to learn how frequently they ask for children to sit on the potty and how they praise children in the classroom. Doing this can help us support your journey with potty training at home.

4. What are some ways we can start potty training at home?

I am so glad you asked! We are very excited to help you get started. There are many ways parents begin to potty train and the different ways just come down to personal preference. I have attached some ideas for you to look over and as always communication between parents and teachers is key! Let's try to be as consistent as possible at home and at school.

5. I have more questions, who can I talk to?

Your child's teachers are your number one line of communication when it comes to learning about their day or things happening in the classroom. The teachers can help with ideas for home, they will follow things that work at home when possible, and can help come up with a plan for the transition to potty training! Any other questions or guidance can be brought to the Education Director Lacy Young. Her email is peacedirectorelp@gmail.com

Thank you for your support and we look forward to a new journey with you!
Lacy Young

Potty Training Suggestions/Ways to Begin

At PLPD, we will work with the parents to establish a method of Potty Training. To begin, we will have specific times for the children to sit on the potty and praise for attempts including just sitting on the Potty. We will communicate with parents about successes and work with parents in regards to their own Potty training wishes! For parents who may need help getting started at home, here are some ideas taken from various training books, parents, and experts!

3 Day Method:

The three-day potty training method is a toilet training process that calls for your child to go diaper- and pants-free for three days in the house as he gets used to going to the potty regularly.

The idea is that, by keeping your toddler naked from the waist down, he'll learn to be more in tune with his bodily cues. Yes, there will be accidents, but that's the point — it's not easy to ignore a stream of pee if he can see it puddling on the living room floor.

Ideally, you and your toddler will stay home as much as possible (and the hope is that you won't need to leave the house with him in tow at all) during the three-day process, which will allow him to go pants-free for the entire time.

Sticker Chart with a Schedule:

A rewards chart can be a great way to encourage your child during the potty training process. Creating a potty training schedule and sticking to it from the beginning can make a huge difference in your potty training process.

Potty Training Books:

Reading together while on the potty may help make it more enjoyable and easy for your child to relax. Bonus if you read about GOING to the potty while your child is ON the potty – your child is sure to get excited for the potty training process!

Nighttime training is different!

Oftentimes, potty training at night happens weeks, months (or even years) after your child is potty trained during the day. This includes naptime at school!

Never ask "Do you need to potty?"

That's Glowacki's cardinal rule to avoid a power struggle. Instead, she prompts children with a statement, a choice or a challenge:

"A statement is 'Come, let's potty.' Or, 'It's time to go potty now.'

A choice is, 'Would you like to go first or should I?' Or, 'Do you want to go in the big potty or the little potty?'

And a challenge is great for little stinkers: 'I'll race you to the bathroom.' Or 'I wonder if you know how to potty now?'"

Hey, whatever it takes to teach a kid healthy attitudes about the bathroom — and the self-control to hold it until they're at the toilet.

Potty Doll

Some begin Day one by using a “potty doll” that the parent will feed and “water,” then have the doll go potty over a potty chair. After the basic concept is taught, the child then will teach the doll herself how to go potty.

Cool Underwear

Some parents make a big deal about getting cool new character underwear, usually their child’s favorite character, and ask their child to “keep Dora dry,” etc. If you want to make for easy clean up, but still have the child feel when they are wet, try putting underwear under a pull-up. The child will feel wet, but the pull-up will catch the excess waste, making cleanup easy!