

PROPER CLOTHING FOR TOILETING



1 EASY TO GET ON AND OFF

Think back to the last time you really, really had to go - would you want to be wearing overalls? Potty training isn't the time for jumpsuits, overalls, or any kind of one-piece outfit, no matter how cute. Tight leggings can also be tricky for small hands. Go for loose-fitting, easy to manipulate sweatpants or loose leggings.



2 NOTHING DANGLY!

Skirts and dresses are a lot of work to hold up while going, and will almost always end up in a puddle or the toilet bowl. Pants are the way to go. For onsie shirts, clip them up to one side.



3 NO FASTENINGS

Buttons, zippers, snaps - all frustrating and not fun to deal with when you have to go NOW! Opt for elastic waistbands.



4 NOTHING FANCY

Potty training clothes WILL get dirty. Keep dress clothes and favorites in the closet.



5 CONSIDER GOING PANTSLESS

If your child is in a warm, private environment, ditching pants can make getting on the toilet even faster. Go for it at home, but keep a close eye out and cover any nice furniture.

We are so excited to begin toilet learning with your child! Potty training, or toilet learning as you may often hear it referred to, takes practice and patience.

We expect that accidents will happen and want to make sure you have a clear understanding of how we engage in this process in our classrooms.

We have some sanitation guidelines and policies in place to ensure that potty training as a part of a group is done in a way that keeps our community healthy and safe. Please review the below and let us know if you have any questions.

- Please make sure your child has 4-5 sets of underwear and pants at school. If some get sent home dirty, please send the same number of clean replacements the following day.
- Please provide a wet bag for soiled clothes or wet underwear each day.
- The Health Department prohibits the dumping of waste from soiled clothes at school. We will bag any BM underwear/clothing separately and place it inside of your wet bag. (Make sure you check those bags before tossing in the laundry!)
- Please send your child in clothes that are easy for him/her to manage - see our info sheet for more details on appropriate clothing for toilet learning. The more independent a child can be with toileting the more success he/she will experience and the more confident he/she will feel!

Our Philosophy in Practice

At school, we offer all children a chance to sit on the toilet at each activity shift (upon entering the classroom, before and after snack, circle time, and outside time, etc).

When we notice a child is taking an interest in toileting and beginning to stay dry for a longer period of time, we let parents know it might be time to try underpants.

We will begin with just underpants (no bottoms to get in the way) to ensure success and move on to wearing pants over undies as the child becomes more confident.

We don't respond to toileting with any kind of punishment or bribes, and instead position it as a completely natural process that each child will go through. While it's fine to be excited about success, we want to be careful that we are not encouraging children to toilet just for us or our approval.

We also practice stand-up-diapering in our toddler environments so that children can become more active participants in the care of their own bodies and feel more in control. You may find that this is a useful strategy at home as well!

Most importantly we want to ensure we embrace this process with patience and positivity. If a child feels pressured or out-of-control potty training becomes more difficult. Focus on the moment at hand and celebrate your child's moments of success along the way as he/she learns to recognize and respond to the needs of the body.