

DIRECTOR'S DESK

Potty Time

What's the Standard

- Caregivers must
 - Promptly change soiled or wet diapers and clothing
 - Thoroughly cleanse children with disposable towels.
 - Ensure that the children are dry before placing a new diaper on the child.
 - Not apply powders, creams, or ointments without the parent's written permission.
 - Label powders, creams, ointments, or lotions with the individual child's name and
 - Keep all diaper changing supplies out of children's reach.
- Equipment:
 - You must have a diaper changing table or surface that is smooth, non-absorbent, and easy to clean
 - You must not use areas that children come in close contact with during play or eating, such as tables, sofas, or floor play areas for diaper changing.
 - To prevent the child from falling, a caregivers hand must remain on the child at all times.
- To prevent germs:
 - You must wash your hands and the child's hands.
 - Disposable gloves must be discarded after each diaper change.
 - Caregivers with open wounds or injuries must not change diapers.
 - Sanitize diaper changing surface after each use with the four step process of washing with soap and water, rinsing with water, spraying on disinfecting solution, and allowing the surface to air dry. Each solution must be prepared daily and place in a closed and labeled container.
 - Sanitize potty chairs after each use.
- Children must wash their hands after toileting or having a diaper changed. Children 18 months of age and older and employees must wash their hands with soap and running water. Pre-moistened toilettes or wipes and waterless hand cleaners are not a substitute for soap and running water.
- Employee must wash their hands after diapering a child, after assisting with toileting, and after personal toileting.
- Until the infant is old enough to be raised to the faucet and reach for the water, you must wash the infant's hands using an individual cloth or disposable towel with soap, followed by a cloth or disposable towel used to rinse with clear water and dry.



To Go or Not to Go
that is the Question.

Initiating toilet training before the child is developmentally ready can create stress and anxiety for the child and the family, and increase the length of time it takes to train the child.



What the experts say

Most toddlers develop the necessary physical and mental skills between 18 and 24 months, while some kids aren't there until closer to age 3 or even 4. Keep an eye out for physical, cognitive, and behavioral signs that the toddler might be ready to give it a try.

Day care providers can recognize the signs of readiness by understanding certain cues. Readiness cues include the following: The child can imitate his/her parents' behavior, The child begins to put things where they belong, The child can demonstrate independence by saying "no", The child can express interest in toilet training, The child can walk and is ready to sit down, The child can communicate his/her need to eliminate (urinate/defecate), The child is able to pull clothes up and down (on and off).

The temperament of the child, which includes motor activity, intensity of reactions, mood, regularity (especially behavioral), initial approach/withdrawal response, adaptability to new situations, attention span/persistence, distractibility, and sensory threshold/frustration level, needs to be considered when determining the child's readiness and the caregivers' strategy for toilet training.

Regular/frequent diaper changing is part of the day care center's routine activities. Diapers should be checked for wetness or feces every hour and whenever the child indicates discomfort or exhibits behavior that suggests a soiled or wet diaper. Diapers should be changed when they are found to be wet or soiled. Toddler skin, which is as susceptible to rash as infant skin, may suffer more when exposed to urine and feces because of the friction caused by increased movement and activity. Frequency and severity of diaper dermatitis are lower when diapers are changed more often.

If the toddler is facing changes such as a new school, a new sibling, or travel, you may want to wait till the seas are calmer before taking the plunge. Boys tend to train slowly than girls, while second (and subsequent) children may learn more quickly than firstborns.

Never restrain the child or physically force the child to sit there. With a boy, it's simpler to teach him to pee sitting down at this young age. If the toddler is a girl, make sure she wipes from front to back, especially after a bowel movement, to minimize the risk of urinary tract infections. A pleasant attitude while changing a child's diaper, even if a child has had a loose stool, helps to develop a child's positive sense of self.

When the toddler uses the potty successfully, shower the child with praise. This will help to give the child positive reinforcement as the child masters potty training. Chances are that the child will continue to have accidents, but the child will start to grasp that getting something in the potty is an accomplishment. An accident doesn't mean that you've failed. When it happens, don't get angry or punish the child. After all, it's only recently that his muscle development has allowed the child to hold the bladder and rectum closed at all, and the child is still learning why it's important to use the potty. Mastering the process will take time. Going negative with punishments or admonishments pretty much never works, may delay the process, and can even contribute to constipation. As frustrating as the process can be, you'll be rewarded for keeping a relentlessly positive attitude.

Bedwetting is common in children under age 7. Remember that learning to control the bladder generally comes after bowel control. Many children who have mastered the toileting process during the day may not be able to stay dry at night for many months. Most children will achieve nighttime dryness by age 5, but one out of four children may continue to wet the bed for several more years. Persistent bedwetting, particularly after age 7, may be caused by an infection or allergy and a physician should be consulted.

Raise the fun factor - If you approach potty training with a little panache, your child will be more likely to stay motivated.

Drip some blue food coloring into the potty. The child will be amazed at how they can turn the water green. Put several favorite books in the magazine rack next to the toilet so the child can look at them whenever the child has to go - or better yet, read to the child (though for some children this may be a distraction). Maybe the child would like to cut out paper shapes and use them for target practice.

If the child starts to lose interest but is well into potty training, you may want to consider offering rewards. One popular method is to use stickers and a calendar to keep track of the child's successes. Every time the child goes to the potty, the child gets a sticker that the child can paste onto the page. Watching the sticker bounty accumulate will keep the child inspired.



Faith Academy Policy

Potty training is a step in teaching our kids proper behavior, independence, and self-esteem. When a child needs to use the bathroom, page an assistant or take the class with you when multiple children need the restroom. Do not send children to the bathroom on their own. If taking the class with you, provide a song (or several) for them to sing while their classmates are using the bathroom. Children cannot be expected to sit without something to engage their minds.

Children in diapers, pull ups or in the 2/3's class are taken and checked at least once an hour and changed according to posted guidelines when soiled. Children should be taken when first arriving at the center and before going outside for recess. Extra diapers and supplies are located in the respective bathrooms in each child's cubby. Diaper creams and meds are located in the rack out of children's reach.



Teach the children how much toilet paper is needed. Ensure that they are wiping to prevent bladder infections. When children under the age of 4 or those older needing assistance, have had bowels check to be sure that they have completely cleaned the area before dressing. Have the younger students assist you in dressing until they are old enough to do it on their own. Teach them to work snap and buttons.

After bathroom time is done for each child, the diaper and pull up changes are recorded on the clip board in each bathroom. Because we do not have diaper changers in the rooms themselves, this is required by State. Please be sure to complete it each time. Extra forms are located at the Director's desk.

Those children in the infant and toddler room cannot yet tell their parents their needs or progress during the day, therefore diaper changes are recorded on the cuddle grams as well. Make notes on the cuddle gram as supplies for diaper changes run low to ensure we have stock for each child.

Diaper tables, potty chairs, and seat cushions are sanitized after each use.

When a child has an accident, the child should be immediately changed. Wash down the soiled skin and legs with a damp wash rag and dry before dressing the child. Put the wash rag in laundry. Use carpet cleaner on the soiled carpet and dry the carpet before using the area again. When a child has changed their clothes- complete the "I changed my clothes today" form located at the director's desk and send home requesting another change of clothes for the child's cubby. Place their wet clothes in a plastic bag and put out of children's reach. Communicate with the closing caregivers to ensure that parents are notified about soiled clothes.

For children under the age of 4- we have an open door policy, meaning the bathroom door does not completely shut while a child is using the restroom. The restroom is a fun place to play. (smile)

Extra toilet paper is located in the green rolling carts in each bathroom. Check supply on a daily basis to ensure supply is there when needed. If using the last roll please notify the Director of the need to restock.

Failure to recognize signs that it is time to train and act on these signs may cause the child's interest to wane and can delay the toilet training process.



Day care providers are in a unique position to teach children toilet training skills.