

Potty Training Policy

Parent Readiness

Potty training is one of the biggest developmental milestones in early childhood. It requires patience, consistency, and teamwork between parents, caregivers, and teachers. Before beginning, it is important for parents to be mentally and emotionally ready to take on the process and stay committed. Children thrive when the adults around them are calm, consistent, and confident.

Many families use pull-ups during this stage. From our experience, pull-ups do not necessarily make the process faster or easier, but the choice is yours. The most important factor is consistency at home and at school.

A Child-Led Milestone

Potty training is not just about teaching a new skill; it is about supporting a child through one of their first major steps toward independence. Beginning too early or pushing before a child is ready can create unnecessary stress, frustration, and anxiety around using the bathroom.

This process must be child-led. Children need to show signs of readiness in their own time, and that timeline will look different for every child. Potty training should not be influenced by external factors such as the arrival of a new sibling, a family trip, or upcoming life events. These situations can often disrupt consistency and increase pressure for both the parent and child.

The most successful experiences happen when children:

- Show curiosity about the potty or interest in using it
- Stay dry for longer periods
- Communicate their needs and follow short directions
- Feel emotionally comfortable and open to learning something new

When we allow children to lead the process, we build confidence, self-trust, and a lifelong positive association with this important milestone.

Partnership Between Home and School

Once you believe your child is ready, please speak with your child's teacher or the administrative team. Together, we will discuss your child's readiness, your approach at home, and a plan to ensure consistency between home and school.

Communication is key. We will share daily potty updates through Brightwheel, and we ask that you do the same at drop-off and pick-up. Let us know when your child last used the potty in the

morning, and we will share how the day went when you arrive. Following a similar schedule at home helps reinforce learning.

Accidents are normal and expected during this time. Please send your child with several full changes of clothing, including socks and an extra pair of shoes if possible. Avoid onesies, jeans, overalls, or clothing with snaps, belts, or zippers. Soft, loose-fitting pants with elastic waistbands make it easier for your child to gain independence and confidence.

HLC Potty Training Guidelines

Children must be at least 2 years old and show clear signs of readiness before the potty training process begins. During the early stages, children should continue to wear diapers or pull-ups (your choice). Please use pull-ups with side tabs for easy removal.

Children will remain in pull-ups until they can stay dry for two consecutive weeks, communicate when they need to use the potty, and demonstrate bladder and bowel control. Parents are responsible for providing pull-ups and extra changes of clothing.

Proper Clothing

To encourage independence and success, please dress your child in easy-to-manage clothing:

- Soft, loose pants with elastic waistbands
- No tight clothing
- No shirts that snap between the legs
- No pants with snaps or zippers
- No overalls or bib-style clothing
- No belts

The goal is for your child to reach the potty quickly and manage clothing independently.

Required Supplies

Please keep the following items at school and replace them as needed. Soiled clothing will be returned in a sealed bag at the end of the day.

- Two complete changes of clothing, including socks (an extra pair of shoes if possible)
- A supply of pull-ups (if you choose to use them). Families will be notified when supplies run low.

Potty Routine at School

During the early stages of training, teachers will take your child to the potty at consistent times throughout the day, whether or not they ask to go.

Daily potty times include:

- Upon arrival at HLC

- Before outdoor play or morning activities
- After lunch
- After nap
- Before afternoon outdoor play
- Just before going home

Potty Training Readiness Checklist

Verbal Skills

- Can speak in short sentences (3–4 words)
- Tells an adult when their diaper is wet or dirty
- Begins to recognize the sensation of needing to go
- Can tell an adult before they need to use the potty

Physical and Emotional Signs

- Stays dry for longer periods of time
- Has regular bowel movements
- Can pull pants up and down independently
- Shows interest in using the toilet or wearing underwear
- Wants to be independent and take ownership of the process
- Follows simple 3–4 step directions
- Can communicate needs with words or gestures
- Is emotionally ready and open to learning
- Can sit on the potty without assistance

Potty Training Policy Agreement

I have read the HLC Potty Training Policy in its entirety and agree to follow the guidelines as outlined.

Child's Name: _____

Parent Signature: _____ Date: _____