



3533 Riva Ridge Drive, Fort Collins, CO 80526
(970)632-8624 | info@curiousminds.com

Our goal is for your child to have a positive experience while also being respectful of our teachers and other students. We see ourselves as partners in potty training, and we require that before you start the process of potty training, you have a conversation with your child's teachers, so everyone is on the same page and set up for success. Most children are not ready to potty train until they are 2-3 years old, and the American Academy of Pediatrics does not recommend starting prior to 18 months.

Your child is likely ready for potty training in the following circumstances:

- Your child has clear words for and an understanding of urine and stool.
- Your child stays dry for longer periods of time than in the past (e.g., your child is dry after a nap).
- Your child is physically capable of pulling clothing on and off to get on a toilet.
- Your child seems bothered or upset by having a wet or soiled diaper on.
- Your child can express the need to go and can "hold it."
- Your child is showing interest in training (e.g., she likes to watch people use the toilet or he likes to put dolls or stuffed animals on the potty).

Our staff are responsible for engaging with many children, and if a teacher is spending an excessive amount of time with potty training your child, then those teachers will be unable to work with your child — let alone other children — on daily activities and opportunities. This is not fair to your child or to the other children in the class. Please do not start this process during big transitions, such as when your child is entering a new classroom, a new baby is coming or has recently arrived, or during a big move. Children need stability and, most importantly, the safety of being in environments that they know and people they feel safe with to be successful.

While your child is in the potty-training process:

- Encourage the use of Pull-Ups or training pants before taking the leap to regular underwear.
- Do not send your child to school in underwear if they are not comfortable sitting on the toilet at school (i.e., there are many children who feel comfortable going to the bathroom at home but are not ready to go at school; these children must wear a diaper or Pull-Up at school).
- Teachers will offer the use of the toilet frequently but will not force a child to go.
- Please provide three sets of extra clothes, underwear, socks and a spare pair of shoes in case of accidents.
- After three accidents in training underwear, your child will be put in a pull-up for the rest of the day.



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- Dress your child in clothes that are easy for them to put on/take off (e.g., elastic waistbands). Tight pants, jeans, buttons, zippers, drawstrings, overalls and dresses are often too difficult for young children to manipulate. *Elasticated sweatpants are best.*
- Underwear is required for hygiene purposes – it is very difficult, unhygienic and time consuming to clean soiled clothing.

We appreciate that starting this process takes a lot of time for parents; we recommend stopping potty training if your child is becoming stressed out. The potty-training process should be relatively quick if you're doing it at the right time.

For your child to be considered potty trained, your child must meet the following criteria:

- Your child has had less than two accidents during the day for the weekend or two full days at home.
- Your child must be able to tell the teacher they need to go to the bathroom.
- Your child must be able to go to the bathroom (urinating or bowel movement) on his or her own, including removing necessary clothing, sitting on the toilet, and putting clothes back on — all with minimal assistance. Teachers will help with wiping, flushing and handwashing.
- Your child must be aware of the need to use the toilet without reminders from teachers. (Note: Teachers do remind all children in classes where the majority of students are potty trained about using the potty regularly, such as before going outside to the playground.)
- Your child must not be in diapers or Pull-Ups — at all — except for naptime.

If we see that your child is showing an interest in the potty, we will let you know and provide resources and any guidance that might be helpful to you.

I/We _____ have read and understand the Curious Minds potty training policy and will comply with those requirements.

Signature(s): _____

Date: - _____

Printed Name(s): _____