

# NOCAC HEAD START POTTY TRAINING AGREEMENT

Child's Name: \_\_\_\_\_ Head Start Center: \_\_\_\_\_

## Potty Training History

1. Does your child recognize when she is wet and/or dirty? Yes  No

If yes, please describe how your child communicates this:

\_\_\_\_\_

2. What percentage of the time does your child wear the following:

Diaper \_\_\_\_\_ Pull ups \_\_\_\_\_ Underwear \_\_\_\_\_

3. Have you started potty training, or tried potty training in the past?

If yes, **please describe procedures**, rewards, punishments, etc.:

\_\_\_\_\_

4. Have you ever tried putting underwear on your child? Yes  No

If yes, why did you stop?

\_\_\_\_\_

How long did you keep your child in the underwear? \_\_\_\_\_

5. Does your child resist wearing underwear? Yes  No

6. Will your child sit on the potty? Yes  No

If no, how does your child respond to the suggestion (i.e. run, scream, hide, etc.)

\_\_\_\_\_

7. Has your child ever urinated in the potty? Yes  No

If yes, please explain the circumstances:

\_\_\_\_\_

8. Has your child ever pooped on the potty? Yes  No

If yes, please explain the circumstances:

\_\_\_\_\_

9. Who will primarily be implementing the new potty training procedures?

\_\_\_\_\_

## Potty Training Readiness

10. Urination – please check one:

- My child has at least some wetness every 30 minutes.
- My child has at least some wetness every hour.
- My child has a full diaper every hour.
- My child has a full diaper every 2 hours.
- My child has a full diaper every 3-4 hours.
- Other: \_\_\_\_\_

11. Bowel Movements-please check one:

- My child has two a day.
- My child has one a day.
- My child has one every two days.
- My child's bowel movements are unpredictable

12. Is your child on medication for constipation? Yes  No

13. Does your child have bowel movements approximately the same time every day?

Yes  No  If yes, approximately what time(s)? \_\_\_\_\_

14. Please describe your child's bowel movements (i.e. soft, mushy, hard, large amount, small amount etc.)

\_\_\_\_\_

15. Has your child ever had a painful or traumatic experience on the toilet, or when going to the bathroom in their pull-up/diaper? Yes  No

16. Can your child take off his/her pants independently? Yes  No

17. Can your child put on his/her pants independently? Yes  No

18. Overnight urination-please check one:

- My child is usually wet upon waking.
- My child is usually dry upon waking
- My child usually goes after waking up.
- My child is unpredictable.

Anything else you think might be helpful for us to know?

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### **SIGNS OF READINESS**

Potty training is an exciting time for you and your child. We have found throughout our experience, that if your child is ready to master potty training, it will only take a few weeks. If it takes longer, they may not be ready and we may want to try it again a little later. We want this you be a successful time in your child's life, not a frustration one for all. We know that in order for this to be successful we need to partner together for your child's best interest.

#### **Physical Signs**

- Can walk and even run steadily
- Urinates a fair amount at one time
- Has "dry" periods of at least 3-4 hours, which shows that the bladder muscles are developed enough to hold urine (more than 3 accidents in a single day at NOCAC Head Start will be an indicator that a child isn't ready to use underwear in our setting yet).
- Has regular, well formed bowel movements at relatively predictable times.

#### **Behavioral Signs**

- Can sit down quietly in one position for 2-5 minutes
- Can pull his/her pants up and down
- Dislikes the feeling of wearing a dirty or wet diaper
- Shows interest in other bathroom habits (wants to watch, or follow, or wear underwear)
- Gives a physical or verbal sign when he/she is having a bowel movement such as grunting, squatting, or verbally telling you.
- Demonstrates a desire for independence
- Takes pride in his/her accomplishments
- Isn't resistant to learning to use the toilet
- Is in a generally cooperative stage, not a negative or contrary one

#### **Cognitive Signs**

- Can follow simple instructions, such as "go get the toy"
- Understands the value of putting things where they belong
- Has words for urine and stool
- Understands the physical signals that mean he/she had to go and can tell you before it happens or even hold it until he/she has time to get to the potty

#### **Tips**

1. Starting before your child is truly ready doesn't mean that you'll finish sooner; it's more likely that the process will just take longer.
2. The clothes your child wears can play a big factor in his/her success away from home. Remember that teachers are responsible for several children at a time, and every second counts for a child who is hustling to the potty.

**It's Time to Begin**

Once your child stays dry for several hours and uses the toilet on their request, it's time to try underpants. Start with a few hours at a stretch, and increase use with success. Build more time into your morning routine running errands, etc. so you can accomplish all last minute potty needs

**NOCAC Head Start Staff Will Agree To:**

- Encourage, support, and praise all success that your child achieves during their potty training experience.
- We will expect accidents and treat them as teachable moments. We will watch for and identify signals that may help us make it on time next time as well as encourage children to be independent in changing their own clothes.
- We will take children to the bathroom at regularly scheduled times during each day and on demand when necessary.
- Communicate to parents daily regarding our bathroom experiences. This communication will come as a personal conversation with the Head Start Staff.
- Commit up to 1 month to the process of potty training unless parents inform us that the experience is not able to be a positive one at that time. We are not opposed to revisiting the thought at a later date.

**Parents Agree to Provide:**

- At least 3 pairs of labeled underwear daily (thick cotton training pants absorb the most and don't disappoint early learners by messing up special new favorite characters, save these for later).
- At least 3 pair of labeled pull on pants with elastic waistbands (sweat pants are perfect). Clothes with buttons, zippers, belts, or overalls are counterproductive.
- At least 3 pair of labeled socks.

**Individualized Goals and Needs:**

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\*\*\* Diapers will not be used for nap time. We discourage the use of Pull-ups since they are super absorbent and are designed to hold a lot of liquid. This gives children the false sense of dryness and gives mixed messages about their success as a "Big" kid.

Signed and understood by NOCAC Teach and Teacher Assistant: \_\_\_\_\_  
\_\_\_\_\_

Signed and understood by parent: \_\_\_\_\_

Child's first & last name: \_\_\_\_\_

Head Start Site: \_\_\_\_\_

Date Initiated: \_\_\_\_\_

Date child is fully trained: \_\_\_\_\_

**Staff: Please send a copy of page 3 to the Health & Safety Manager at the start of the contract and when the child is successfully trained.**