



University of Wyoming
Early Care and Education Center

***Supporting Children's Emerging
Interest in Toileting***

Some things that we know about children and potty training

- Successful toilet training depends on having three important factors - physical, cognitive and emotional readiness - in place. Just because children are physically ready to toilet train does not mean that they are mentally or emotionally ready to do so.
- Each child will toilet train at his or her own pace. The more relaxed and consistent the environment, the more successful potty training is.
- A young child's ability to consistently use the potty may differ under different circumstances. For instance, some children may consistently use the potty at home before they are able to do so in child care – or vice versa. With time children will become consistent across all environments.
- Life changes or stresses can impact potty training and may even briefly cause regression in children. Often young children experience some regression during the course of potty training. This is normal and with gentle support and consistency children can get back on track.

We support children's emerging interests in using the potty at the UWECEC in the following ways:

- We monitor each child's interest in toileting and support them individually while following their lead.
- We work closely with families to ensure that home and school toileting routines are consistent.
- We create a climate where using the potty is viewed as a positive, low-stress experience. We encourage children to notice and celebrate their peer's and their own successes.
- We encourage children to assist with toileting routines such as dressing and hand washing and focus on helping them become increasingly independent.
- As the year progresses, using the potty becomes an increasingly important part of the daily classroom routine for all children.
- We do not associate punishment or rewards with using the restroom. We do not pick battles with children about using the restroom. This can lead to many negative consequences including stress, regression in potty training, battles over control, and problems with self-esteem.

If you have any questions, concerns, thoughts, or ideas about your child's potty-training, please talk to your teacher right away. This is a team effort!