

For children, learning to go to the bathroom independently enhances their confidence and pride. Below are toileting guidelines and resources to assist you in helping children gain another step towards independence in life.

**A. To Learn to use the Bathroom**

1. All staff members are involved in helping a child learn how to use the bathroom.
2. Be patient, consistent, positive, and use praise to help children become successful.
3. Children need reminders about using the bathrooms; seeing other children going is a big help.
4. Supervise children in how to correctly wash their hands after using the bathroom.
5. Children need to wash their hands right away by:
  - using running water and liquid soap;
  - scrubbing all parts of their hands;
  - rinsing the soap off;
  - drying with a paper towel; and
  - using the towel to turn off the faucet.

**B. To Clean up after Toileting Accidents**

1. All staff members assist with accidents. They are required to follow the universal precautions that all health care workers use.
2. The purchase of appropriate supplies is necessary for accidents such as: disposable gloves, bleach, non-scented/non-allergic wipes, mild soap, and training pants. Examination paper is needed to cover changing table for each change.
3. For younger children under the age of three using a changing table is advisable. For older children three and up use the bathroom, leave the door open and have another staff member assist.
4. All staff members must wear disposable gloves for every change.
5. Use mild soap and water to wash the child and the non-scented wipe if necessary to insure that the child is cleaned.
6. Staff members use diluted bleach and water to clean up any areas infected. Use a spray bottle with one quart water and a capful of bleach or ¼ cup of bleach per one gallon of water. If you can smell the bleach you know you need more water,
7. Extra set of clothes that include underpants are required.
8. Assist the child in putting on clean underpants.
9. Demonstrate and help the child wash their hands as described in section A: 5 above.

**C. Resources: The following resources will support you in your efforts.**

**1. Comprehensive Training Program**

- The Program for Infant-Toddler Caregivers
- Creative Curriculum for Infants and Toddlers with Trainer's Manual - Revised Edition, Chapter 12, Diapering and Toileting Pages 179-189, Excellent Checklist on Page 358-359
- Prime Times: A Handbook for Excellence in Infants and Toddlers Programs, Jim Greenman and Ann Stonehouse -Chapter 10

**2. Parenting Education: Parents should be advised to do one or more of the following to support the training needs of the child: A) contact their pediatrician for medical advice on how to proceed with training at the preschool age or B) share some appropriate reading around the toileting needs of children. Some of these texts are:**

- Zero to Three, May 2003 Volume 25 no.5 Culture and Caregiving: Goals, Expectations and Conflict -since parenting is very culturally sensitive, staff that works with parents need to become familiar with child rearing practices and expectations of diverse groups.
- Partners in Parenting Education <http://www.howtoreadyourbaby.com/pipe.html> or <http://www.meld.org> MELD with materials in English and Spanish.
- *Once Upon A Potty (boy)* by Alona Frankel published by Israel: Harper Collins, 1979
- *Everyone Poops* by Taro Gomi published by Kane/Miller 2001
- *On your Potty* by Virginia Miller published by Candlewick Press 1998
- *PJ and Puppy* by Cathryn Falwell published by Clarion Books 1997
- *Lift the Lid, use the Potty* by Annie Ingle published by Random House 2001
- *Mommy! I have to go Potty! A Parents Guide to Toilet Training* by Jan Faull
- *Toilet Training in Less Than a day* by Nathan Asrin